# Co-Lin Cooks

*Recipes from the folks at Copiah-Lincoln Community College*

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*All proceeds benefit the Copiah-Lincoln Community College Foundation*

# About This Book

They say that music is the universal language. Well, then, food must be the universal song, sung with flour, sugar, cinnamon, onions, celery, bell peppers, parsley, broth, stock, beef, chicken, shrimp and, yes, even tofu.

In this cookbook, there are dozens of songs all waiting to be sung at your table. The folks at Copiah-Lincoln Community College in Mississippi, unearthed recipes, opened their cookbooks, and delved into their boxes to come up with a potpourri of delights.

We welcome you to explore this edition and try some of these recipes.

We're sure you won't be disappointed … or go hungry.

- The folks at Co-Lin

# About the Foundation

The Copiah-Lincoln Community College Foundation is the non-profit, private arm of Copiah-Lincoln Community College. All proceeds from "Co-Lin Cooks" benefit the Foundation's scholarships for students, and faculty development programs. Without the Foundation, the college could not offer many of the enhancements to both students and staff that we offer. So, we thank you for your interest in "Co-Lin Cooks," and for helping the Co-Lin Foundation.

# To Order

For copies of "Co-Lin Cooks," please contact the Co-Lin Foundation,
P.O. Box 649, Wesson, MS, 39191.
Phone: 601-643-8332. E-mail: charlotte.hill@colin.edu
Price is $10.00 per cookbook (prepaid).
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**Cover Illustration by Tom Ross, Wesson Campus**

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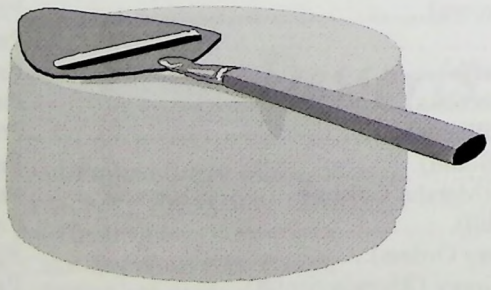
# Delicious Cheese Ball

**Dr. Howell C. Garner**
**President, Copiah-Lincoln Community College**

*An easy to make delicious Cheese ball – great for Christmas parties!*

**Ingredients**
8 ounces of Velveeta Cheese
8 ounces of cream cheese
1 tablespoon of Worcestershire sauce
1 tablespoon of garlic salt
½ to ¾ cup of ground pecans

**Preparation**
Cheeses should be allowed to become soft (room temperature). Knead the cheeses together (use cooking oil on hands to prevent sticking). Spread out flat. Add Worcestershire sauce. Knead again. Spread out flat – sprinkle garlic salt. Knead again. Roll into ball. Place cheese ball on tray or plate. Cover cheese ball with ground pecans. Refrigerate for 4-6 hours before serving



# Baked Potato Peels With Caviar Dip

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**
Potato peels:
2 tablespoons unsalted butter, melted
Peelings from 6 scrubbed baking potatoes, ¼-inch thick
(leave some potato on peel) ¾-inch wide, 2 inches long
½ teaspoon seasoning salt
¼ teaspoon pepper

**Preparation**
In a bowl combine melted butter, seasoning salt and pepper. Brush peels with mixture. Arrange skin side down in one layer on a buttered baking sheet. Bake in preheated 425-degree oven 15-20 minutes, until lightly browned. Turn them and bake 10-15 minutes more or until golden brown.

# Horseradish Mustard

**Joy Wesbrooks**

Stir 1 cup mustard and 4 tablespoons horseradish together. Chill before serving.

# Crawfish and Pasta Salad

**Nancy McLemore**
**Director, Willie Mae Dunn Library, Natchez Campus**

**Ingredients**
16 ounces shell pasta-cooked al dente
2 pounds crawfish tails cooked in crab boil if fresh or straight from package, thawed
1 medium bell pepper, chopped bite size
1 bunch green onions, chopped
1 4-ounce black olives, sliced
1 small jar pimento, chopped coarsely
1 package Garlic & Herbs Good Seasons Salad dressing mix
½ quart mayonnaise
¼ cup ketchup

**Preparation**
Boil pasta. Prepare crawfish, if needed. Combine pasta and crawfish with all ingredients. Mix together, salt and pepper to taste; cover and refrigerate overnight. Refrigerating overnight blends favors for a great taste!

# Olive Dip

**Lea Ann Knight**
**Director of Counseling and Recruitment, Wesson Campus**

**Ingredients**
4 ounces cheddar cheese
4 ounces mozzarella cheese
1 cup mayonnaise
½ cup mayonnaise
½ cup green olives-no pimentos
½ cup black olives
Add onion salt or green onions to suit your taste.

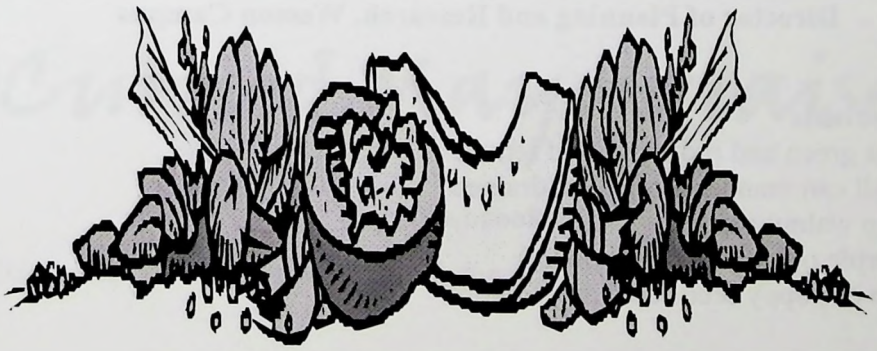
**Preparation**
Bake at 350 degrees for 15-20 minutes or until cheese melts.

# Tropical Spinach Salad

**Carolyn Elveston**
**Food Service Manager, Natchez Campus**

**Ingredients**
2 cups baby spinach
2 cups torn romaine lettuce
½ cup canned Mandarin oranges, drained
1 red pepper, thinly sliced
¼ cup Raspberry Hazelnut Vinaigrette
½ pound boneless, skinless chicken breast, grilled, sliced. (I seasoned it with Tony's)
2 tablespoons cashews
2 tablespoons toasted coconut

**Preparation—Makes two servings**
Toss spinach, romaine, oranges, and peppers in a large bowl. Put on two serving plates. Top with chicken, sprinkle with cashews and coconut. Serve with dressing.



# Mexican Dip

**Brenda Parrett**
**Administrative Assistant to the President, Wesson Campus**

**Ingredients**
1 can Rotel tomatoes (drained)
1 can chopped black olives
1 can chopped chili peppers (do not get hot)
¼ cup Italian Dressing
½ cup Mexican blend shredded cheese (can use more than ½ cup)

**Preparation**
Mix Rotel tomatoes (drained), black olives, chili peppers, Italian dressing, shredded cheese together and chill for about 30 minutes. Serve with Fritos or your favorite chips.

# Walnut-Mandarin Orange Salad

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

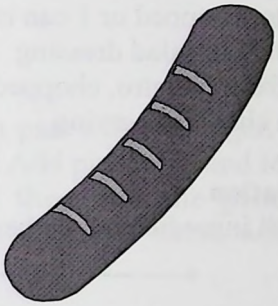
**Ingredients**
3 cups green and red loose-leaf lettuce
1 small can mandarin oranges, drained
½ cup walnut pieces
½ purple onion, sliced (optional)
½ cup of poppy seed salad dressing

**Preparation**
Tear lettuce into bite-size pieces. Toss lettuce and next 3 ingredients together and refrigerate. Just before serving, pour dressing over salad and toss.

# Hot Dogs in Cheese Sauce

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

*Tasty and unusual*



**Ingredients**
1 can cream of chicken soup
1/8 teaspoon Cayenne
½ cup milk
½ pound sharp Cheddar cheese
½ teaspoon dry mustard
1 pound wieners
1 teaspoon Worcestershire

**Preparation**
Combine soup, milk, mustard, Worcestershire and Cayenne in top of double boiler. Cook over hot water until hot. Add cheese; stir until smooth. Cut hot dogs into 1-inch pieces and stick a toothpick in each. Pour cheese sauce into a chafing dish and place franks and picks in sauce. You may make cheese sauce ahead and add franks at last minute.

# Curried Mayonnaise

**Joy Wesbrooks**

Mix 1 teaspoon curry powder with 1 cup mayonnaise. Delicious!

# Monterey Jack Salsa

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**
1 can green chilies (4 ounces), chopped
1 can black olives (3 ½ ounces), chopped
4 green onions, chopped
¼ pound Monterey Jack cheese, shredded (The kind you buy in the store all ready shredded does the best)
1 tomato, chopped or 1 can of chopped tomatoes (8 ounces)
½ cup Italian salad dressing
¼ cup fresh cilantro, chopped
Tortilla chips for serving

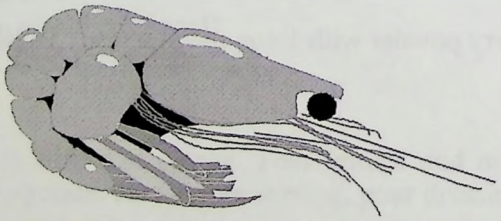
**Preparation**
Blend all ingredients together and serve with tortilla chips.

# Shrimp Dip

**Ethel Brown**
**Security Officer, Natchez Campus**

**Ingredients**
3 8-ounce packages cream cheese
2 cans shrimp
2 tablespoons lemon juice
1 clove garlic – minced
1 teaspoon grated onion
1 teaspoon Worcestershire sauce
1 teaspoon parsley
Red pepper to taste

**Preparation**
Mix well. Refrigerate overnight.



# Pineapple Dip

**Amy Pouncey Lewis**
**Child Development Technology Instructor, Wesson Campus**

**Ingredients**
1 cup sugar
1,15 ½-ounce can crushed pineapple in HEAVY syrup
2, 8-ounce containers of cream cheese
1 cup chopped pecans

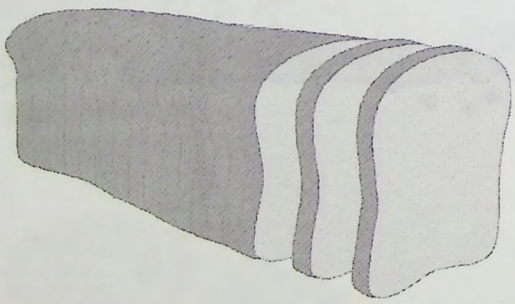
**Preparation**
Drain almost 1/2 of the juice and put it in a pan with the sugar. Over medium heat stir and cook until golden color. Add pineapple and let cool. Mix the cream cheese and pecans and then add the pineapple mixture. Use a spoon to mix it together, not a mixer. Serve with club crackers.

# Party Sandwiches

**Nancy McLemore**
**Director, Willie Mae Dunn Library, Natchez Campus**

**Ingredients**
1 tin of Pepperidge Farm Party rolls or a similar brand
1 teaspoon dried onion flakes
1 teaspoon Worcestershire sauce
½ cup butter, melted
3 tablespoon poppy seeds
1 ½ tablespoon mustard
1 package of sandwich ham
1 package of sandwich Swiss cheese

**Preparation**
Cut rolls horizontally and open like a big sandwich. Mix the next 5 ingredients in a bowl, and then spread this buttery mixture with a brush on both sides of the insides of the rolls. Put a layer of ham then a layer of Swiss cheese on one side of the rolls. Cover this with the other half of the rolls. Put the entire set of rolls back into the tin pan and cover with foil. Bake on 350 degrees for 15-20 minutes in the foil so that the tops will not burn. When they are done, lay out on a cutting board and cut each individual roll apart. Serve hot on a tray. Delicious appetizers!
*Make ahead; they freeze very well.*

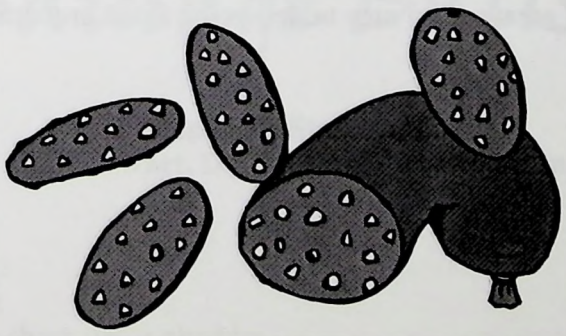


# Hot Sausage and Cheese Dip

**Barbara Jo Foster**
**Instructor, Associate Degree in Nursing, Wesson Campus**
*Graduate, Copiah-Lincoln Community College*

**Ingredients**
1-pound roll Jimmy Dean Sausage
2, 8-ounce packages cream cheese, softened
1 can Ro-Tel tomatoes (extra hot), partially drained
McCormick's Seasoning Salt (pinch)

**Preparation**
In a skillet, crumble and brown the sausage; drain well. Combine with cream cheese and Ro-Tel tomatoes. Mix well. Pour into baking dish and bake at 350 degrees for 30 minutes until brown and bubbly. Serve warm with Fritos and/or Wheat Thins. Easy, fast, and delicious!



# Bruschetta

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**

*A delicious easy-to-make starter*
*This is really comfort food that's healthy for you, too.*

**Ingredients**

Pistolettes (use as many as you have guests) sliced in halves *or* half-inch slices of your favorite Italian or French bread. *Note: I use whole wheat to make the appetizer healthier than white.*
1 jar minced garlic (mince your own if you have time)
Extra virgin olive oil
1 bag of fancy shredded low-moisture, part-skim mozzarella cheese
1 container of low-fat shake-on Parmesan cheese
Dried basil
Your favorite chunky spaghetti sauce, heated. *When I don't have my own available, I use Classico brand; it has less sodium than most brands. I like the roasted garlic and tomato.*
Margarine

**Preparation**

Preheat oven to 350 degrees. Place halved pistolettes or bread slices on a cookie sheet or pizza pan. Spread on a thin coat of margarine. Spread on a little (or a lot as the taste may be) minced garlic. Drizzle on a small amount of olive oil. Spoon out spaghetti sauce to you and your guest's liking. *For me, the more sauce the better.* Sprinkle on mozzarella cheese; sprinkle on Parmesan cheese. Sprinkle on dried basil depending on your guest's liking. Bake for about 15 minutes or until cheese is melted and bread is crusty. Serve immediately with a little hot dipping sauce on the side. This goes great with a nice tossed green salad or Caesar salad.

# Marinated Shrimp Biloxi

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

*Improves with age, so make it early*

**Ingredients**
4 ½ pounds shrimp
1 tablespoon horseradish
1 small jar capers
2, 16-ounce bottles Italian dressing, pour oil off one bottle
Celery seed to taste
4-5 lemons, sliced thin
½ cup red wine vinegar
3 large onions, sliced thin

**Preparation**
Cook and clean shrimp. Cool. In a shallow glass dish, put 1 layer shrimp, capers, and celery seed. Completely cover with lemon slices and onion slices which have been separated into rings. Repeat until all are used. End with lemon slices on top. Mix horseradish, Italian dressing, and vinegar. Pour this marinade over shrimp and chill at least 24 hours. Remove from marinade and serve with toothpicks.

# Sausage Balls

**Stephanie Stewart**
**Wife of Dr. Billy Stewart, Dean of the Simpson County Center**

**Ingredients**
1 pound sausage
2 cups Bisquick
1 package extra sharp white cheddar

**Preparation**
Melt cheese and mix raw sausage & Bisquick. Shape into balls. Bake at 350 degrees for 15 to 20 minutes or until lightly browned.

# Cathy's Seafood Gumbo

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**

4 quarts chicken stock
1 pound fresh or frozen cut okra
1 cup chopped bell pepper
2 cups chopped celery
2, 32-ounce cans tomatoes
1, 8-ounce can tomato sauce
Salt, pepper and garlic to taste
2 tablespoons Worcestershire sauce
1 tablespoon liquid crab boil
3 or 4 bay leaves
¾ cup vegetable oil
1 ¼ cups self-rising flour
3 large onions, chopped
3 pounds peeled shrimp
1 pound crab meat
1 pound crab claws
2 tablespoons file'

**Preparation**

Combine the first 6 ingredients in a 12-quart pot. Boil over high heat until vegetables are tender. Add salt, pepper, garlic, Worcestershire sauce, crab boil and bay leaves. Reduce heat and simmer while preparing the rue. In a large cast iron skillet add oil and flour. With the burner on high, cook, stirring constantly, until mixture turns very dark brown. Add onions immediately and stir until onions are clear. Add the rue, shrimp, crab meat and crab claws to the stock. Stir well, add the file' and simmer for 30 minutes. Serve with rice. Yield: 25 servings.

**Optional**

I boil a whole chicken to make my stock. I remove the bones and cut up most of the meat to leave in the gumbo.

**Optional extra ingredients:**

Whole crabs
Plain or spicy pork sausage
Cajun seasoning: cayenne pepper, chili power, paprika, Tabasco sauce, other hot sauces

**Special note:** Preparing gumbo is not for the inexperienced cook or the faint of heart. Different cooks may want to adjust the ingredients to suit their own tastes. Gumbo also freezes well. Gumbo is like fine wine; the older it gets the better it tastes. Don't take that literally; however, it does seem to taste better the second or third time you warm it up.

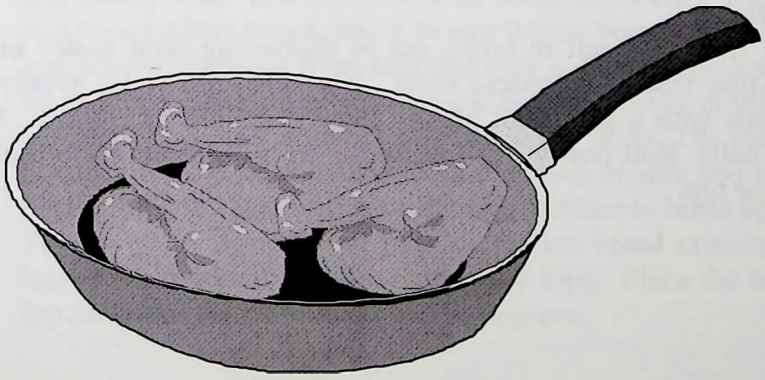
# Chicken Cordon Bleu

**Sheila Furlow**
**Associate Degree in Nursing Secretary, Wesson Campus**



**Ingredients**
Frozen Chicken Tenderloins
Sandwich Swiss cheese (If I use 4 slices of Swiss cheese, I have four serving, etc.)
Sandwich ham (chopped or sliced)
Italian bread crumbs
Liquid butter
Baking dish (the size big enough to prepare the number of servings you need)

**Preparation**
Defrost enough tenderloins in the microwave that will fit snuggly in the bottom of the baking dish. (Defrosting the tenderloins will get the water out of the meat; you do not need this; it will make the dish too juicy.) Lightly butter the dish. Flatten the tenderloins (I use my fingers to mash them flat) and place in the baking dish. Lightly butter top of chicken. Sprinkle light coating of Italian bread crumbs on top of chicken. Put a layer of ham slices; then a layer of Swiss cheese. Sprinkle top with Italian bread crumbs; you may add parmesan cheese. Squeeze butter over the top and bake for about 20 to 30 minutes or until chicken gets done. There are no exact amounts; just put it together.



# Chicken Pot Pie

**Pat Cater**
**Secretary to the Dean, Natchez Campus**

**Ingredients**

1 cup chopped onion
1 cup chopped celery
1 cup chopped carrot
1/3 cup melted butter or margarine
½ cup all-purpose flour
2 cups chicken broth
1 cup half-and-half
1 teaspoon salt
¼ teaspoon pepper
4 cups chopped chicken
Basic Pastry (see below)

**Preparation**

Sauté onion, celery, and carrots in butter for 10 minutes. Add flour to sautéed mixture, stirring well; cook 1 minute, stirring constantly. Combine broth and half-and-half. Gradually stir in broth mixture; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in salt and pepper. Add chicken, stirring well. Pour chicken mixture into a 9" x 13" pan lined with pastry. Top with pastry; cut slits to allow steam to escape. Bake at 400 degrees for 40 minutes to 1 hour or until crust is golden brown. 6-8 servings.

## Basic Pastry

**Ingredients**

3 cups all-purpose flour
1 ½ teaspoon salt
1 cup plus 3 tablespoons shortening
6 to 9 tablespoons cold water

**Preparation**

Combine flour and salt in bowl; cut in shortening with pastry blender until mixture resembles coarse meal. Sprinkle cold water evenly over surface; stir with a fork until all dry ingredients are moistened. Shape into two balls. Roll pastry to fit casserole dish—one for bottom of dish and one for top.

# Stuffed Eggplant For Two

**Stan Stewart**

Mr. Stewart retired from Co-Lin in 2000 after 31 years of directing instrumental ensembles, teaching music appreciation, applied woodwind brass and for several years applied percussion.

**Ingredients**

1 medium eggplant (halved)
½ pound cooked crabmeat, imitation crabmeat, cooked shrimp or crawfish tails, chopped into small pieces
¼ pound cooked sausage (can use chopped smoked or whatever)
4 tablespoon butter
6 pats butter
4 green onions, chopped (tops, too) or ½ medium yellow onion, chopped
2 cloves garlic, minced
1 stalk celery, chopped
1 slice moistened white bread
¼ cup sweet white wine (optional)
Dry Italian bread crumbs
5 dashes (more or less) Tabasco or other hot sauce
1 egg, slightly beaten
¾ cup grated cheddar cheese
Grated parmesan cheese
Paprika
Salt and pepper to taste
Olive oil

**Preparation**

Half eggplant and place in boiling water for about 18 to 20 minutes. Be careful not to damage eggplant skin. Scoop out the pulp and chop into small pieces; set aside. Melt 4 tablespoons butter and sauté onion, garlic and celery over low heat. Mix in wine (optional), chopped eggplant, moistened white bread, about ¼ cup Italian bread crumbs, hot sauce, salt and pepper. Remove from heat and mix in beaten egg and meats. Rub oil on bottom of baking utensil. Place eggplant skins in utensil and rub oil on them. Place the eggplant mixture in the skins. The skins will be limp; however if you put one hand toward bottom of skin and slightly pull up it helps filling it. You will have enough mixture to build up above the skin. This is good! Sprinkle on paprika, Italian bread crumbs, parmesan and last of the cheddar cheese covering the tops. Place the butter pats on the top and bake for 30 minutes at 350 degrees.

# Scrumptious Shrimp and Chicken

**Carolyn Vance Smith, Founder, Co-Chairman, Natchez Literary and Cinema Celebration, Natchez Campus**

Mrs. Smith was the first person hired to work at the brand-new Copiah-Lincoln Community College in Natchez in 1972-73. From the beginning, she has worn multiple hats. In 1990 she founded the annual Olympic Award-winning Natchez Literary and Cinema Celebration, which she continues to direct, and the Co-Lin Natchez Elderhostel program that likewise continues to offer educational programming to older adults.



**Ingredients**

7 tablespoons butter
1 teaspoon chopped green onion
7 tablespoons flour
3.5 cups mixture chicken stock/ mushroom juice/milk
1 pound cooked, peeled, de-veined shrimp
2.5 cups cooked chicken, cut into chunks
1 large can sliced mushrooms
1 small can sliced water chestnuts
½ teaspoon chopped parsley
1 small jar sliced pimentos
½ teaspoon celery salt
White pepper to taste
½ teaspoon garlic powder
3 dashes Tabasco sauce
Salt to taste
White wine to taste

**Preparation**

Melt butter in large pan. Add onion and cook until soft. Stir in flour and make a roux. Add liquids and mix well. Stir until slightly thickened. Add shrimp, chicken, mushrooms, water chestnuts, parsley, and pimentos. Stir well. Season with celery salt, pepper, Tabasco, and garlic powder. Add salt to taste. Add white wine to taste, making sure all ingredients are well mixed and that the mixture is not too thin or too thick. Serve over rice cooked with parsley. Freezes well. Serves 8. Can be doubled and re-doubled to serve a crowd.

# Frosted Ham

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**
*Frost a canned ham like a cake*

**Ingredients**
3 8-ounce packages cream cheese, room temperature
1 tablespoon prepared horseradish
1 5-pound canned ham, baked
½ cup light cream

**Preparation**
Cream the cheese and cream together, adding more cream if necessary for spreading consistency. Add horseradish to taste. (Should be just barely discernable.) Frost top and sides of a baked canned ham and decorate with cherries, olives, or your own special decoration.

# Mexican Cornbread Casserole

**Kaye Harris**
**Associate Dean for Career and Technical Education, Natchez Campus**

**Ingredients**
1 pound ground beef
1 onion chopped
1 cup cornmeal
2 eggs
1 cup milk
1 can cream corn
½ pound shredded cheese
½ teaspoon baking soda
¾ teaspoon salt
¼ cup oil
jalapeno peppers
dash chili powder

**Preparation**
Sautee' meat and onion; add chili powder. In separate bowl mix cornmeal, egg, milk, baking soda, salt and oil and corn. Pour half of batter in the bottom of pan; add layer of meat then peppers, then cheese. Dump rest of batter on top. Cook at 350 degrees for 1 hour. Very good served with Salsa and/or sour cream on the side.

# Grandma Rosa's Manicotti

**Michelle Heaney**
**Secretary to the Associate Dean for Career and Technical Education**
**Natchez Campus**



**Ingredients**
10 to 15 crepes
3 cups of your favorite red sauce
1 egg
1, 16-ounce package Ricotta cheese (may be part-skim)
1 cup finely grated Parmigiano Reggiano Cheese, divided
½ cup finely chopped fresh parsley
2 teaspoons finely grated lemon rind
¼ teaspoon cinnamon
¼ teaspoon salt
1 teaspoon sugar
Pepper to taste

**Preparation**
Preheat oven to 350 degrees. Pour half of the red sauce in a 13-inch x 9-inch pan (reserve the rest for the top). Mix all ingredients for cheese filling (reserving 1/2 cup of Parmigiano cheese for topping). Take about two heaping tablespoons of cheese filling and place in the middle of each crepe; fold each side to make a cylinder. Place each filled crepe seam side down into the sauce-lined pan. After each crepe is filled and in the pan, top with the remainder of the red sauce and sprinkle with the remaining Parmigiano cheese. Cover with foil and cook 20 minutes, uncover and cook for 10 more minutes.

*Notes: This recipe can be doubled. For a more standard version, omit the lemon rind, cinnamon and sugar. For an extra rich dish, add some Mozzarella cheese to the filling and sprinkle some on top before placing in the oven.*

# Southern Steak and Gravy

**Peggy Allgood**
**Housekeeping, Wesson Campus**
*This is a favorite dish of my daughter, Lisa, and her family.*



**Ingredients**
1 pound cube steak, cut in 4 to 6 pieces
Salt and pepper to taste
Garlic powder (optional)
Lipton Onion Soup Mix
1 cup all-purpose flour

**Preparation**
Dredge steak in flour. Brown on both sides in hot oil. Mix one envelope of onion soup mix with four cups of hot water. Layer steak with pan drippings in casserole dish. Add soup and water mixture. Cover, bake at 350 degrees for one and one half hours or until tender.

*Notes: Add as much garlic powder as your family likes. This dish can also be made in a crock-pot. Put on lowest setting and cook for four hours or to desired tenderness.*

# Smoked Turkey

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

*Serves a crowd*

Rub inside of 15– to 18-pound self-basting, Butterball turkey with salt. Sprinkle with black pepper and Lemon Pepper Marinade. Cook in charcoal water smoker (such as Cajun Cooker) for approximately 8-10 hours. Use meat thermometer to be certain of time. Add hickory chips to fire to increase smoky flavor. Serve with thinly sliced white and whole wheat bread with crusts removed and Curried Mayonnaise (See Page 11). Mix one teaspoon curry powder with one cup mayonnaise. Delicious!

# Hamburger Casserole

**Ethel Brown**
**Security Officer, Natchez Campus**

**Ingredients**
1 pound hamburger meat
1 bell pepper, chopped
1 onion, chopped
½ cup rice, uncooked
1, 12-ounce can tomato soup
1 ½ tablespoons chili powder
Salt and pepper to taste

**Preparation**
Brown meat; add onion, bell pepper, tomato juice, soup and rice. Bring to boil. Pour into 1 ½ quart baking dish. Bake at 350 degrees for 1 hour. Sprinkle grated cheese over top.

# Sausage Bake

**Jill Logan**
**Associate Dean for Instructional Support , Wesson Campus**
*I first tasted this recipe at a gathering for our Sunday School Department. Since then I have prepared it for all sorts of occasions - brunches to suppers. The dish holds well and is a nice choice for office parties.*

**Ingredients**
2 cans refrigerator crescent rolls
1 pound bulk sausage, crumbled and cooked
8 ounces cream cheese, softened

**Preparation**
Mix cooked sausage and cream cheese. Unroll one can crescent roll into a 9 x12 inch baking dish. Spread the sausage mixture onto the dough. Top with the remaining can of crescent roll. Bake at 375 degrees for 15 to 20 minutes. Cut into squares for serving.

# Grillades

**Gwen S. McCalip**
**Acting Dean and Director of Admissions and Records,**
**Natchez Campus**

*My sister, Veronica S. Doughty, and I serve it for Christmas brunch.*

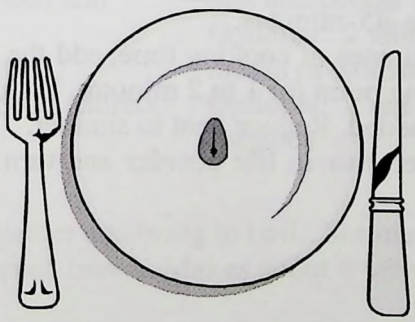


**Ingredients**

8 pounds beef round steak
2/3 jar Savoie Roux
3 bags Season Blend vegetables
2, 8-ounce cans tomato sauce
2 teaspoons thyme
2 cups burgundy wine
1 bunch parsley, chopped
1 to 2 cups water
1 ½ tablespoon salt
1 teaspoon cracked pepper
2 teaspoons Tabasco
4 tablespoons Worcestershire sauce
6 to 8 bay leaves
1 ½ teaspoon instant minced garlic

**Preparation**

Get your butcher to cut meat into thin strips and brown in a little oil in heavy skillet or Dutch oven. Set aside. (You can make your own roux using 1 cup oil and one cup flour, but I take the short cut and use 2/3 jar of Savoie Roux.) Add the Season Blend frozen vegetables, but you can chop 3 cups onions, 1 bunch green onions, 5 ribs of celery and 3 cups of chopped green peppers instead if you have the time and energy! Stir until tender. Add tomato sauce and thyme, stirring until sauce has lost its bright red color. Add wine and enough water necessary to make enough gravy to cover meat. Return meat to the gravy and bring to a boil. Add all seasonings, reduce heat and simmer 2 hours or until done. I cook it in a big crock pot for several hours. This may be prepared 1 to 2 days ahead and also freezes well. This recipe makes 24 to 28 servings. I serve this over grits with Hot Fruit Salad and biscuits. (See Page 48 for recipe for Hot Fruit Salad).



# Gumbo

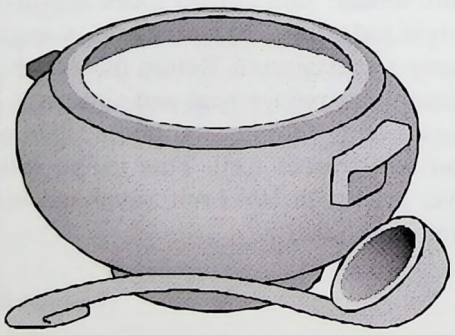
**Byron Conville**
**Library Director, Simpson County Center**

**Ingredients**

½ cup vegetable oil
½ cup all-purpose flour
1 small onion, diced
1 green bell pepper, diced
1 celery stalk, diced
2 cloves garlic, minced or crushed
1 package of low fat Butterball Turkey Sausage (two links), sliced into small discs. (If you aren't watching your waist or arteries, substitute the smoked sausage of your choice.)
3 to 4 boneless/skinless chicken breasts cut into chunks
½ pound shrimp, shelled and deveined
4 cups chicken broth (use low sodium so you can season to taste)
½ - 1 teaspoon Cajun or Creole seasoning such as Tony's or Emeril's
1 bay leaf
Pinch of thyme
Salt and black pepper to taste
1 teaspoon filé powder

**Preparation**

Mix flour and oil thoroughly, breaking up any lumps, in a large, heavy pot to form a roux. Place pot over medium-high heat, stirring constantly with a wooded spoon until roux achieves a deep, brown color, being careful not to burn. It should be darker than peanut butter, but not as dark as chocolate. If roux starts clumping up or getting too dark, turn heat down. This usually takes about 15 to 20 minutes. Just as roux starts to look ready, toss in the bell peppers, onions, celery and garlic and sauté for 2 to 3 minutes. You may need to turn the heat down slightly. Gradually pour in the chicken broth while stirring. Add the Cajun seasoning, bay leaf and thyme. Add the chicken and sausage and bring to a boil. Reduce heat to a simmer, and simmer for approximately 30 to 45 minutes.



In the last 5 to 10 minutes of cooking time, add the shrimp, and raise the heat to just the boiling point for 1 to 2 minutes. If Gumbo looks too thick, more broth may be added. Reduce heat to simmer. Season to taste with salt and black pepper. Stir in file powder and turn off heat. Serve over rice.

# Chicken Croquettes

**Julia Tyler**
**Hospitality/Tourism Management Technology Major**
**Natchez Campus**

**Ingredients**

1 ½ cup diced cooked chicken breast
3 tablespoons butter
¼ cup flour
1 teaspoon lemon juice
1 teaspoon grated onion
Dash of nutmeg
Dash of pepper
¼ teaspoon salt
½ cup milk
½ cup chicken broth
Dash of paprika
¾ cup crumbs (crackers or dry bread)

**Preparation**

Melt butter, blend in flour. Add milk and chicken broth. Cook and stir until mixture thickens and bubbles; stir for about a minute. Add lemon juice, onion, salt, paprika, nutmeg and pepper. Cool, then add 1 ½ cup diced chicken; salt to taste. Chill about 1 to 2 hours. With wet hands, shape mixture into 8 balls. Dip balls into a mixture of 1 beaten egg with 2 tablespoons water. Roll balls in the crumbs. Fry in hot vegetable oil for 2 ½ to 3 minutes or until golden brown.



# Chicken Broccoli Soup

**Stephanie Stewart**
**Wife of Dr. Billy Stewart, Dean of the Simpson County Center**

**Ingredients**

1 jar Alfredo sauce
2 cans chicken broth
2 chicken breasts, cooked and chopped
1 clove garlic, pressed
1 package frozen broccoli (florets or chopped)
½ medium onion, chopped (I put mine through garlic press)
Salt and pepper to taste
Optional: 2 tablespoons fresh Parmesan or Romano cheese
Optional: 1 red bell pepper, chopped

**Preparation**

Stir all ingredients together and bring to boil. Simmer about 15 minutes. Serve with toasted French bread. Makes about 6 servings.

ENTREES

# Healthy Lasagna

**Eileen Maher**
**Former Adjunct Instructor and Co-Lin Student, Natchez Campus**
**Wife of Mark LaFrancis, Director of Public Information, Natchez Campus**

*This is a truly healthy lasagna, as you will see from the ingredients.*

**Ingredients**

2 boxes of "ready to cook" lasagna noodles (they work great)
3 bags of low-moisture, part skim mozzarella cheese (fancy shredded)
3 pounds of ground round
2 tablespoons minced garlic (more if you like)
2 tablespoons dried chopped parsley
2 tablespoons ground basil
2 tablespoons ground oregano
About 2 cups low-fat parmesan cheese
Pepper to taste
Salt to taste (the less the better)
2 eggs
Olive oil
4 cups pasta sauce (If I don't have any of my own available I use Classico.)
1 can Rotel
5 packages extra firm tofu (the non-seasoned kind. This replaces ricotta cheese. Tofu will absorb the flavors of other ingredients … and you and your guests will never know the difference. Actually, your lasagna will be lighter tasting.)

**Preparation—Meat Sauce**

Coat bottom of a non-stick pot with olive oil and add the ground round and 1 tablespoon of garlic, oregano, parsley, basil and salt and pepper to taste. If you wish, add a couple of chopped onions. Add 2 cups pasta sauce and 1/2 can Rotel. Cook until meat is done.

**Preparation-Cheese/tofu filling**

Drain tofu and put in a large container. Mash tofu. Add eggs, 1 tablespoon of garlic, parsley, oregano and basil. Add one bag of mozzarella cheese and 1 cup Parmesan cheese. Add 1/2 can Rotel. Mix well. Salt and pepper to taste. Let stand about 1/2 to 1 hour before using.

**Preparation-Lasagna (Preheat oven to 325 degrees)**

In large pan (you may need two), lightly coat bottom with olive oil. Coat with pasta sauce, add layer of uncooked noodles, add layer of meat sauce (use slotted spoon to drain off liquid), add layer of cheese/tofu mixture, sprinkle on mozzarella and parmesan, add layer of sauce, noodles, meat sauce, cheese sauce. Top with pasta sauce, mozzarella cheese and Parmesan cheese. Bake covered in middle of oven for about 30 minutes, remove cover and bake for about 20 more minutes until cheese is thoroughly melted and steak knife slides easily to bottom of pan (then the noodles will be cooked). This freezes well for about two months.

# Tandoori Chicken

**Eileen Maher**
**Former Adjunct Instructor and Co-Lin Student, Natchez Campus**
**Wife of Mark LaFrancis, Director of Public Information, Natchez Campus**

*A recipe adapted from the "Cooking Smart for a Healthy Heart" Book*



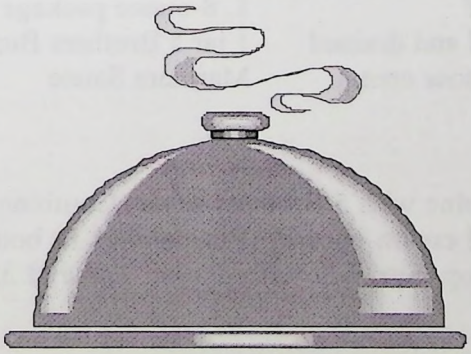
**Ingredients**

1/2 cup plain low-fat yogurt
1 1/2 tablespoons chili powder
1 tablespoon coriander
2 teaspoons cumin
3/4 teaspoon ground ginger
1/2 teaspoon salt
1/2 teaspoon cinnamon
3 garlic cloves, peeled
4 skinless boneless chicken breast halves - 5 ounces each
1/4 cup golden raisins
2 tablespoons slivered almonds, toasted

**Preparation**

Combine yogurt, chili powder, coriander, cumin, ginger, salt, black pepper, cinnamon, and garlic in a blender and puree until smooth. With a chef's knife, make several shallow slits on one side of each chicken breast half. Place in a shallow plastic container that will hold chicken in a single layer. Pour yogurt mixture over chicken, turning to coat well. Cover and refrigerate at least 6 hours or up to overnight. Preheat broiler. Spray broiler pan with nonstick cooking spray. Reserving marinade, remove chicken and place on broiler pan. Broil 4 inches from hear for 4 minutes. Turn chicken over, brush with reserved marinade, and broil until chicken is cooked through. Discard remaining marinade. Serve chicken with raisins and toasted almonds sprinkled over top.

*Note: Be careful toasting the almonds; they can burn easily. Good served with brown rice and steamed veggies.*



# Pork Tenderloin

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**

¼ cup soy sauce
1 tablespoon vinegar
2 tablespoons brown sugar
½ cup catsup
2 ounces bourbon
1 tablespoon soy sauce
1, 3-pound pork tenderloin
½ teaspoon curry powder
1 tablespoon dry mustard

**Preparation**

Combine soy sauce, brown sugar, and bourbon. Marinate pork in mixture for 1 hour, turning once. Remove meat from sauce. Barbecue over low heat or bake in 325 degree oven 1 hour, basting with marinade every 10 minutes. When cool. Cut diagonally into thin slices. Mix dry mustard, vinegar, catsup, soy sauce, and curry. Serve over pork.

# Hungry Man Casserole

**Kaye Harris**
**Associate Dean for Career and Technical Education, Natchez Campus**

**Ingredients**

1 pound ground beef
Flat noodles, cooked and drained
1, 8-ounce package sour cream
1, 8-ounce package cream cheese
1 jar 5 Brothers Burgundy and Marinara Sauce

**Preparation**

Cook meat and combine with 5 Brothers sauce. Combine cooked noodles with sour cream and cream cheese. Put noodles in bottom of pan Put meat and sauce on top. Sprinkle with cheese. Bake at 350 degrees until cheese is melted.

# Quilters Casserole

**Lynda Hughes**
**Part-time Telephone Operator, Wesson Campus**

Lynda is a retired elementary teacher, with 31 years experience. She began working at Co-Lin in July of 2004 as a part-time telephone operator.

**Ingredients**

1 tablespoon cooking oil
1 pound hamburger meat
3 bell peppers
1 large onion
2 or 3 sticks celery
1 can (8 ounces) tomato sauce
1 can cream of mushroom soup
1 teaspoon chili powder
1 package egg noodles
1 cup grated cheese

**Preparation**

Using a heavy skillet, brown the hamburger meat and minced vegetables in the oil. Pour in the tomato sauce plus one can of water. Add a teaspoon of chili powder, and simmer until done, about 20-30 minutes. Add salt and pepper to taste. Cook a small package of egg noodles, drain and wash. Alternate noodles and meat sauce in a casserole dish. Sprinkle on the cheese and top with the undiluted can of soup. Place in a 350 degree oven and bake until the soup starts to bubble. (Cream of Onion soup can be substituted for the mushroom soup.)

*This dish was handed down through our Quilting Club at Sylvarena Baptist Church, located just outside of Wesson. It's one that I have to make every time my niece visits. She's loved it since she was a child.*

# Shrimp Chowder

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**

1 pound fresh mushrooms
¼ cup flour
1 ½ cups water
1/8 teaspoon freshly ground pepper
2 ½ teaspoons salt
2 ½ cups milk
¼ cup fresh chopped onion
½ cup whipping cream
¼ cup melted butter
2 cups chopped cooked shrimp

**Preparation**

Combine mushrooms, water and 1 teaspoon salt in saucepan and bring to a boil. Reduce heat and cover. Simmer 10 minutes; drain, reserving liquid. Saute' onion in butter in saucepan until tender; stir in flour well; add salt and pepper. Mix well; stir in reserved liquid gradually, blending until smooth; add milk gradually and cook, stirring constantly, until mixture comes to a boil and thickens. Remove from heat; stir in cream, shrimp and mushrooms. Chill thoroughly. Serve in cups garnished with parsley. Serves 6-8

# Mexican Casserole

**Kristi Watts**
**Foundation and Alumni Affairs Secretary, Wesson Campus**

**Ingredients**

1 pound ground beef
1 can refried beans
1 package taco seasoning
2 cups shredded cheese
16 ounces sour cream

**Preparation**

Brown ground beef and add taco seasoning. Mix the beef, taco seasoning and refried beans together in large bowl. Spread in bottom of cake pan when fully mixed. Spread sour cream over beef and bean mixture. Sprinkle shredded cheese over sour cream. Preheat oven to 350. Cook for 20 to 30 minutes, depending on oven.

# Shrimp and Sausage Jambalaya

**Ethel Brown**
**Security Officer, Natchez Campus**

**Ingredients**

1 quart cleaned raw shrimp
3 large onions, chopped
1 large bell pepper, chopped
½ cup parsley, chopped
4 tablespoons flour
½ cup oil
3 cups cooked rice
2 pounds sausage, cubed
Garlic powder to taste
Salt and pepper to taste

**Preparation**

This is cooked best in an iron pot. Brown flour in oil. Add onions, bell pepper and garlic and cook until tender. Add shrimp and sausage. Cook until done. Add water to make thick gravy. Add parsley and simmer. Boil rice until cooked. Drain. Fold rice into gravy and let set until gravy is absorbed. Salt and pepper to taste. Enjoy.

# Chicken Casserole

**Johnnie Carlisle**
**Member, Foundation Board of Trustees**

**Ingredients**

Chicken, boil and de-bone
Family size package of Rice-A-Roni (cook according to directions, substituting chicken broth for water.)
1 can Cream of Chicken soup
8 ounces sour cream
1 cup chicken broth

**Preparation**

Mix above ingredients. Top with grated sharp cheese and can of fried onion rings. Bake at 350 for 20 to 30 minutes.

# South of the Border Burger

**Ethel Brown**
**Security Officer, Natchez Campus**

**Ingredients**
2 pounds lean ground beef
3 teaspoons Tabasco brand Chipotle Pepper Sauce, divided
1 teaspoon salt
½ cup mayonnaise
6 slices Pepper Jack or Monterey Jack Cheese
6 hamburger buns
6 red onion slices
6 tomato slices
6 lettuce leaves

**Preparation**
Combine ground beef, 2 tablespoons Tabasco Chipotle Pepper Sauce and salt in a large bowl and mix well; shape into 6 patties. Combine mayonnaise with remaining 1 tbsp. Tabasco Chipotle Pepper Sauce and mix well; set aside. Grill hamburger patties to desired doneness; place cheese on top. Enjoy!

# We Ma Po Cheese

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**
Hot dogs
Mashed potatoes
Cheese

**Preparation**
Slice hot dog lengthwise but not all the way through. Place on baking sheet. Fill with mashed potatoes. Put cheese on top. Bake 350 degrees until cheese melts and is hot and bubbly and hot dog is hot.

# Chicken Enchilada

**Deemie Letchworth**
**Assistant Director of Financial Aid, Wesson Campus**

**Ingredients**

Chicken breasts
2 cans Cream of Chicken soup
Shredded cheese
1 small carton sour cream
¼ can Rotel tomatoes
Soft flour tortilla shells

**Preparation**

Boil chicken until done then chop into small pieces.
Preheat oven to 300 degrees. Mix all ingredients in a bowl, except the shredded cheese. Place mixture on each tortilla shell and roll up. Place shells in Pyrex dish (if there is some mixture remaining after all tortillas are in the pan, pour it on top of the rolled up shells). Bake at 300 degrees for 30 to 45 minutes. After approximately 20 minutes of baking, sprinkle shredded cheese on top of shells to melt.
*Jalapenos can be added to spice up this dish!*



# Joy's Mystery Pizza

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**

2 tablespoons minced onion
2 cups grated sharp Cheddar cheese
1 cup mayonnaise
2 loaves party rye bread rounds (or rye bread cut into rounds)
1 (4.2-ounce) can ripe olives Chopped
Bacon bits

**Preparation**

Blend minced onion, mayonnaise, ripe olives, and grated cheese. Spread on bread rounds; sprinkle with bacon bits. Bake 15 minutes at 350 degrees. Makes about 40 little pizzas.

# Steak in Tomato Gravy with Mashed Potatoes

**Judy Wiggins**
**English Instructor, Natchez Campus**

**Ingredients**
**Serves 12**
4 pounds round steak
1 clove garlic
2 cups flour
Salt and pepper
½ cup bacon drippings
1 cup chopped onion
2/3 cup chopped bell pepper
2/3 cup chopped carrots
2/3 cup chopped celery
2 cups beef stock
2 cans (15 ounces) stewed tomatoes
(In season, use fresh tomatoes.)

**Preparation**
Preheat oven to 300 degrees. Trim edges of ¾ inch thick steak. Rub with garlic. Mix together flour, salt, and pepper to taste. Pound flour into both sides of the steak with a mallet, as much flour as the steak will hold. Cut into pieces. Heat bacon drippings in an ovenproof Dutch oven. Brown the steak on one side; turn it over. Immediately add onion, carrots, bell pepper, and celery, all finely chopped. Do not allow them to brown. Correct seasonings, and add tomatoes and beef stock. Cover, and place in oven for 2 hours. Make pan gravy. Serve with mashed potatoes.

**Pan Gravy—Ingredients**
2 tablespoons bacon drippings
2 tablespoons flour
Juices from steak
1 can beer
Salt and pepper

**Pan Gravy—Preparation**
Heat bacon drippings in an iron skillet, and add flour. Stir with a wire whisk until the flour has thickened and turned brown. Add the beer. Season with salt and pepper. Cook over low heat for 3-5 minutes or until proper consistency. Pour gravy back into Dutch oven and stir in with tomatoes and other vegetables. Return to the oven for 10 minutes.

# Steak in Tomato Gravy with Mashed Potatoes

**Mashed Potatoes—Ingredients**
**Serves 12**
16 medium potatoes
10 cups boiling water
2 teaspoon salt
3 to 4 bay leaves
2 minced onions
4 celery ribs
1stick of butter
2 teaspoons salt
1 ½ cups hot milk or cream

**Mashed Potatoes—Preparation**
Wash potatoes, and remove blemishes. Cut potatoes into chunks; gently slide into the boiling water. Add 1 teaspoon of salt, onion, bay leaf, and celery to the pot. Cook, covered, for 20 to 40 minutes. Remove bay leaf and celery rib, and drain water. Add butter, 1 teaspoon salt, and hot milk or cream. Beat potatoes with a fork until they are creamy.



# Easy Macaroni, Chicken Casserole

**Missy Orders**
**Secretary to the Dean, Simpson County Center**

**Ingredients**
1 can Rotel
1 can chicken breast
1 small package elbow macaroni
1 jar of Cheez Whiz
1 can English peas

**Preparation**
Cook and drain elbow macaroni. Mix all ingredients together. Place in baking dish. Bake at 350 degrees for approximately 30 minutes or until mixture is hot and bubbly. Serve with hot rolls (homemade are the best)!

# Cha-Cha Chicken

**Rhonda Smith**
**Director of Admissions, Simpson County Center**

**Ingredients**

4 boneless, skinless chicken breasts, cooked and shredded
1 medium package nacho cheese tortilla chips
¼ cup chopped onion
2 cans cream of chicken soup
1 can cream of mushroom soup
1 can of diced tomatoes and green chilies
1 package shredded cheddar cheese

**Preparation**

In 9– x 13-inch pan, place a layer of tortilla chips. Place a layer of shredded chicken over the chips. Continue layering these two ingredients until they are all in the pan ready for baking. In a mixing bowl, mix soups, tomatoes and chilies, and onion. Pour this mixture over the chicken and chips in the pan. Sprinkle shredded cheddar cheese on top. Bake at 350 degrees for 1 hour. This can be prepared ahead of time and refrigerated until ready to bake. This recipe makes 6-8 servings.

*Note: This recipe is a favorite of my family's. My dad has served as pastor of the Hopewell Baptist Church, Laurel, Mississippi, for almost twenty years. During his tenure there, my mother has prepared this casserole countless times for church potluck dinners. To my recollection, she's brought home an empty dish every time. Enjoy!*

# Low-Fat Garlic Potatoes

**Stan Crawford**
**Student, Natchez Campus**
*A recipe from my wife, Marleta Crawford*

**Ingredients**

5 to 6 potatoes
1 teaspoon garlic power
1 teaspoon chives
½ teaspoon cayenne pepper
¾ cup fat-free cheese, grated
½ cup skim milk
Salt and pepper to taste
Non-fat cooking spray

**Preparation**

Preheat oven to 375 degrees. Peel potatoes and cut into chunks. Boil until tender, and drain. Add milk and blend with mixer until smooth. Add garlic powder, chives, cayenne, salt and pepper. Spray a baking pan with cooking spray and pour potatoes into it. Bake 20 minutes, then top with grated cheese. Cook until cheese is melted. More garlic powder may be used if desired.

# Quick Veggies

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**

**Ingredients**

2 to 3 cups mixed veggies cut in bit-sized chunks or slices (yellow squash, broccoli, cauliflower, zucchini, you choose the combination)
2 tablespoons margarine
1 teaspoon garlic, minced
1 teaspoon chopped basil
1 teaspoon chopped oregano
Pepper to taste
1 to 2 teaspoons grated Parmesan cheese

**Preparation**

Place veggies in a microwave bowl, top with all ingredients (except Parmesan). Microwave, loosely covered for about 3 minutes or until tender and steaming. Top with cheese. Healthy, quick and delicious.

# Zucchini Delicious

**Lisa Bodin**
**Special Populations Counselor, Wesson Campus**

**Ingredients**
1 cup onions, finely chopped
2 strips fried bacon or 3 tablespoons olive oil
4 cups zucchini, scrubbed and thinly sliced
1 ½ cups tomatoes, seeded and finely chopped
4 tablespoons fresh parsley, chopped
½ jar (more or less) salsa
Salt and pepper to taste

**Preparation**
Heat oil in a medium-sized saucepan and cook onions over moderately low heat until softened. Add zucchini and sauté over moderate heat, stirring for 10 minutes or until just tender. Add tomatoes and salsa. Cook for 5 minutes stirring occasionally. Cover and cook for another 3 minutes. When finished, stir in parsley, salt and pepper.

# Grilled Tomatoes

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**
*A great summer treat*

**Ingredients**
2 to 4 good-size fresh tomatoes (beefsteak are great), sliced 1/2-inch thick
Garlic powder to taste
Pepper to taste
Olive oil
Grated Parmesan cheese (low fat)

**Preparation**
Lightly brush both sides of tomato slices with olive oil and place on hot grill (I use a grate to prevent tomato slices from slipping into the grill). Sprinkle on garlic powder and pepper. Close cover. Flip in about 1 to 1 1/2 minutes (or if cooking side begins to brown). Sprinkle on garlic powder and pepper, cooking for about 1 minute with cover closed. Remove and sprinkle on Parmesan cheese. Serve immediately. Goes great with all sorts of grilled foods. An option I use is to melt mozzarella cheese (low moisture, part skim) on the tomato slices when cooking the second side.

# Butternut Squash

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**
*Goes great with Thanksgiving dinner.*
*The butternut squash is tough to cut and peel,*
*but the taste is worth the work*

**Ingredients**
About 4 large butternut squash
About 4 tablespoons margarine
About 2 tablespoons brown sugar
1 teaspoon salt

**Preparation**
Slice the butternut squash (I use a cleaver) into 1- to 2-inch discs. Cut off skin (it's tough), and cut the squash as if you were making mashed potato-sized cubes. Boil the squash until fork pierces the cubes (like mashed potatoes). Drain thoroughly (really thoroughly—the less moisture the better). Put the drained cubes into a large mixing bowl. Add the margarine, brown sugar and salt. Whip into texture like mashed potatoes. If the squash is still a bit watery, you can extract the moisture by heating the squash in a pot. A creamy, slightly sweet delight. Freezes great!

# Black-Eyed Pea Salad

**Byron Conville**
**Library Director, Simpson County Center**

**Ingredients**
3 cans black-eyed peas
1 green bell pepper, diced
1 red bell pepper, diced
½ cup red onion
2 cloves garlic, minced or crushed
½ olive oil
½ cup sugar
4 tablespoons red wine vinegar
½ teaspoon salt and pepper
1 teaspoon hot sauce

**Preparation**
Drain peas well. Mix peas, bell peppers, and onions in a container. Mix oil, sugar, vinegar, salt, pepper, garlic, and hot sauce to make dressing. Pour dressing over peas and vegetables and mix well. Let stand for at least 6 hours for flavors to blend or preferably, overnight. Serve with slotted spoon.

# Louisiana Potato Salad

**Julia Tyler**
**Student, Natchez Campus**
*In memory of my sister, Barbara McNeil*

**Ingredients**

10 to 12 medium size Irish potatoes
½ cup mustard
1 teaspoon vinegar
4 cups Hellman's mayonnaise
3 hard boiled eggs
½ green bell pepper
2 tablespoons onion powder or onion juice
Season to taste

**Preparation**

Peel and boil potatoes until half-cooked (with 1 teaspoon of salt in water). Drain potatoes until cool. Peel boiled eggs. Cut up whites of eggs and set aside in a small bowl. Place egg yokes in a large bowl with vinegar and mash until smooth. Add mustard; mix well. Add potatoes, green pepper, onion powder or onion juice; add egg whites. Add mayonnaise and mix until potatoes are covered.

# Rings of Joy

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**
*Light, colorful, delicious*

**Ingredients**

4 to 6 mixed-color bell peppers
1 Vidalia onion
1 yellow or white onion
1 tablespoon minced garlic
Pepper to taste
Olive oil
1 teaspoon chopped Parsley
1 teaspoon Worcestershire sauce

**Preparation**

Slice peppers and onions into 1/4-inch rings. In a hot skillet, add olive oil, garlic, pepper, and Worcestershire sauce. Add peppers and onions and sauté until tender and onions begin to brown; sprinkle on parsley.

# Tomato Pie

**Carolyn Elveston**
**Director of Food Services, Natchez Campus**

**Ingredients**

1 pre-made pie shell
3 to 4 large tomatoes, peeled and sliced (blanch tomatoes to make peeling easier)
1 cup mayonnaise
1 cup shredded sharp cheddar cheese
1 tablespoon chopped jalapeno pepper
Bacon, cooked and crumbled

**Preparation**

Bake pie shell until golden brown at 400 degrees. Bake 4 to 5 slices bacon at the same time. Mix 1 cup mayonnaise and 1 cup shredded cheese. Use the cheese your family likes best, I use sharp cheddar. I put a tablespoon chopped jalapeno in mine, you could also add green onion. Place drained tomato slices in baked pie shell, top with mayonnaise/ cheese mixture and bake at 350 degrees for 25 to 30 minutes. Top with crumbled bacon and bake 5 minutes. Let set 5 minutes before cutting.

# Green Bean Casserole

**Stan Crawford**
**Student, Natchez Campus**
***This is a favorite of my wife, Marleta Crawford***

**Ingredients**

1 can cream of mushroom soup – low fat
2 cans green beans, drained
¾ cup chopped onion
½ cup reduced-fat potato chips, crushed
Dash of black pepper
1 can mushroom pieces

**Preparation**

Sauté onion. Pour soup into quart casserole. Add sautéed onions, both cans green beans, soup, mushrooms and pepper. Mix well. Sprinkle crushed potato chips on top. Bake at 350 degrees for 25 minutes.

# Componati

**Gwen McCalip**
**Acting Dean and Director of Admissions and Records**
**Natchez Campus**

*This is a recipe that my 91-year-old aunt, Bernice Mumphrey, from New Orleans, has been preparing for many, many years.*

**Ingredients**

2 to 3 stalks celery, chopped
1 eggplant - peeled and cubed (sauté till very brown)
1 cup bell pepper, chopped
1 cup onions, chopped
2 teaspoons sugar
2 teaspoons vinegar
3 cups tomato sauce
Olive oil
1 pound cubed ham
Salt and pepper to taste
1 tablespoon parsley, chopped
1 tablespoon capers
15 green olives, sliced

**Preparation**

Soak eggplants in cold salty water. Drain. Sauté each vegetable separately and set aside. Mix tomato sauce, sugar and vinegar and heat thoroughly. Add vegetables and ham and cook about 30 minutes. While cooking, add chopped parsley, and capers. Last few minutes add the green sliced olives.

*This is yummy served as a hot dip with melba toast or served over rice as a main entrée.*

# Corn Casserole

**Rosie Nettles**
**Wife of Dr. Ronnie Nettles, Executive Vice President**

**Ingredients**

8 ounces sour cream or plain no-fat yogurt (fat-free sour cream does not work as well as low-fat or regular sour cream)
1 box Jiffy cornbread mix
1 stick melted butter
1 can whole kernel corn
1 can cream-style corn
1 cup grated cheese

**Preparation**

Preheat oven to 325 degrees. Spray a 9– x 13-inch casserole dish with Pam. Mix in a bowl, sour cream or yogurt, cornbread mix, corn, and butter. Pour into casserole dish and bake for 15 minutes. Sprinkle top with cheese and complete baking for 35 minutes. May need salt to season.

# Erica's Potato Casserole

**Lisa Bodin**
**Special Populations Counselor, Wesson Campus**

**Ingredients**

8 medium potatoes
1 cup sour cream
½ stick margarine
Chives
Salt and pepper to taste

**Preparation**

Peel and cut potatoes. Boil till tender. Allow to cool some. Add sour cream, melted margarine, chives and salt and pepper. Top with cheese and bake until bubbly at 350 degrees.

# Squash Dressing

**Ethel Brown**
**Security Officer, Natchez Campus**

**Ingredients**

5 medium yellow squash (about 1 ¾ pounds), sliced
1 medium onion, chopped
1 large egg, lightly beaten
1, 6-ounce package of Mexican style cornbread mix
1, 8¼-ounce can of cream style corn
½ cup chunky picante' sauce
2 tablespoons butter, softened
¼ teaspoon salt
1/8 teaspoon pepper

**Preparation**

Boil squash and onion in water to cover in a Dutch oven for 30 minutes or until squash is tender. Drain and lightly mash squash with a fork. Add egg and remaining ingredients. Stir until blended. Spoon into a lightly greased 1 ½ quart baking dish. Bake at 350 degrees for 50 minutes or until set. Yield: 4 to 6 servings.

# Hot Fruit Salad

**Gwen McCalip**
**Acting Dean and Director of Admissions and Records**
**Natchez Campus**

**Ingredients**
1 small can jellied cranberry sauce
1 small can applesauce
¼ to ½ teaspoon cinnamon
¾ cup brown sugar
1/3 cup margarine
1 large can sliced peaches
1 large can sliced pears
1 large can pineapple chunks
1 small bottle cherries
2 large bananas sliced
1 cup chopped pecans

**Preparation**
Mix first 5 ingredients together and heat until cranberry sauce is melted. Drain fruit. Mix hot mixture with fruit and pecans and pour into casserole. Sprinkle 3 tablespoons of white sugar on top and bake at 350 degrees for 30 – 40 minutes. This goes great with the Grits and Grillades. (See the Entrée section.)

# Low-Fat Oven-Fried Potatoes

**Stan Crawford**
**Student, Natchez Campus**
*A recipe from my wife, Marleta Crawford*

**Ingredients**
5 potatoes, peeled and diced
2 teaspoons fat-free margarine, melted
Non-fat cooking spray
1 onion, finely chopped
Salt and pepper to taste
1 ½ teaspoons Cajun seasoning

**Preparation**
Peel potatoes and dice. Chop onion finely. Spray a baking dish with cooking spray. Place potatoes and onions in prepared baking dish. Add melted margarine. Sprinkle with Cajun seasoning, salt and pepper. Cover and bake at 400 degrees for 25 minutes. Uncover and bake another 25 to 30 minutes.

# Cauliflower in Sour Cream Butter Sauce

**Eileen Maher**
**Former Adjunct Instructor and Co-Lin Student, Natchez Campus**

**Ingredients**

1 medium head cauliflower
1/4 cup butter
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon dry mustard
2/3 cup milk
1 cup (3 ounces) sliced 1/8-inch fresh mushrooms
1/2 cup sliced 1/8-inch green onion
1/2 cup sour cream

**Preparation**

In a 3-quart sauce pan, bring 3/4 cup water to a boil. Add the whole cauliflower. Cover, cook over medium heat until the cauliflower stems are fork tender (20 to 25 minutes). Drain. Meanwhile, in a 2-quart sauce pan, milt the butter. Stir in the flour, salt and dry mustard until smooth. Stir in the remaining ingredients, except sour cream. Cook over medium heat, stirring constantly, until the mixture comes to a full boil (2 to 4 minutes). Let boil, stirring constantly for 1 minute. Stir in the sour cream. Continue cooking, stirring constantly, until headed through (1 to 2 minutes). Pour sauce over cauliflower. Serves 6.

# Marinated Carrots

**Gwen S. McCalip,**
**Acting Dean and Director of Admissions and Records,**
**Natchez Campus**

*These are two favorite McCalip family recipes that my 82-year-old father-in-law, Floyd "Honey" McCalip, still loves to prepare for us.*

**Ingredients**

2 pounds carrots, cooked until tender, drained
1 onion and 1 large green pepper, sliced thin
*Combine in large container:*
½ cup red wine vinegar
2 teaspoons mustard
½ cup cooking oil
1 teaspoon pepper
1 cup sugar or artificial sweetener
1 teaspoon Worcestershire sauce
1 can tangy tomato soup or tomato bisque

**Preparation**

Combine and bring above to boil. Pour above mixture over vegetables and marinate 24 hours. Serve cold or reheat.
*Note: When using artificial sweetener, do not add until mixing with vegetables. Also, do not dilute soup.*

# Refrigerator Slaw

**Gwen S. McCalip,**
**Acting Dean and Director of Admissions and Records,**
**Natchez Campus**

**Ingredients**

3 pounds shredded cabbage (8-9 cups)
2 medium onions, sliced thin or diced
¼ cup diced pimento
2 medium bell peppers, diced

**Preparation**

Bring to boil and pour over vegetables: 1 cup vinegar, 1 cup sugar, 1 cup salad oil, 2 tablespoons prepared mustard, 2 teaspoons celery seed. Refrigerate overnight. Will keep indefinitely in refrigerator.

# Apples and Praline Sauce

**Kristi Watts**
**Foundation and Alumni Affairs Secretary, Wesson Campus**

**Ingredients**

Apples (however many you want to cook)
2-3 tablespoons butter
1 ½ cups heavy cream
1 cup brown sugar
1 tsp Vanilla extract

**Preparation**

Halve the apples and core them with the melon baller. Place them cut side down in a baking dish and fill the dish 2/3 full of water. Place them in the oven on 350 degrees for 30 to 40 minutes. Keep an eye on them, some apples will cook much quicker than others.

**Praline Sauce**

Melt butter in a heavy sauce pan on medium heat. Take the pan off the stove and add the heavy cream. Stir and put back on stove. Add the brown sugar. Stir until all of the sugar is melted. If the sauce does not look dark enough add more sugar. When the sugar is melted and the sauce is starting to bubble, add the vanilla extract. Then just cut the heat under the pan. Before serving the sauce, reheat and stir.

# Fresh Strawberry Pie

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**
1 cup sugar
1 cup water
5 tablespoons cornstarch
4 tablespoons strawberry Jell-O
4 drops red food coloring
1 packaged or homemade piecrust (Make sure uncooked piecrust is cold when you bake it)
1 pint fresh strawberries

**Preparation**
Make slits in bottom of pie crust. Bake pie crust at 350 degrees until golden brown. Set aside to cool. Mix together first 3 ingredients in small sauce pan. Cook on medium heat until clear. Remove from heat. Add Strawberry Jell-O and red food coloring. Let cool. Arrange either sliced or whole strawberries in baked pie crust. Pour cooled Jell-O mixture over strawberries. Refrigerate and serve with whipped topping when the Jell-O mixture has had time to set.



# Snow Ice Cream

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**
1 ½ cups sifted confectioners sugar
1 large bowl fresh snow (amount depends upon texture of snow)
1 cup light cream
1 tablespoon vanilla to taste

**Preparation**
Combine sugar, cream and vanilla. Whisk in snow gradually until ice cream is well mixed and fluffy. If too thin, add more snow. If too thick, add more cream. Add additional sugar and vanilla to taste. Serves about 4.

# Carrot Cake Supreme

**Pat Cater**
**Secretary to the Dean, Natchez Campus**

**Ingredients**

1 ¾ cup sugar
3 cups flour
3 teaspoons soda
2 teaspoons cinnamon
1 teaspoon allspice
½ teaspoon salt
1 teaspoon cloves
4 eggs
3 cups finely grated carrots
1 1/3 cups oil
1 small can undrained, crushed pineapple
8 ounces cream cheese
1 stick butter
1 box powdered sugar
2 teaspoons vanilla
1 cup flaked coconut
½ cup pecans

**Preparation**

Sift first seven ingredients; add next three and all but ¼ cup pineapple. Mix well, pour into three 8-inch cake pans. Bake at 350 degrees for 30 minutes. Whip cream cheese until fluffy, add butter, and beat until creamy. Add reserved pineapple and remaining ingredients; mix well. Spread on cooled cake layers. Delicious! 8-12 large servings.

# Twinkie Delight

**Lee Ann Knight**
**Director of Counseling and Recruitment, Wesson Campus**

**Ingredients**

2 boxes or 24 Twinkies
1 large box Strawberry Jell-O
1 large package instant vanilla pudding
1 can strawberry pie filling
1 medium sized cool whip
½ cup pecans

**Preparation**

Place all of the Twinkies in a 9 X 13 inch pan (you may have to squeeze them to fit). Mix Jell-O according to directions on package. Pour over Twinkies. Prepare pudding mix as directed on package. Pour over Jell-O. Spread pie filling over pudding. Top with Cool Whip and sprinkle nuts over all. Chill at least 2 hours before serving. Even better if you refrigerate overnight.

# Chocolate Pie

**Pat Cater**
**Secretary to the Dean, Natchez Campus**

*This is a recipe from "Aunt Margaret," a long-time family friend. Everyone made sure to get a piece of this pie at church suppers.*

**Ingredients**

2 cups sugar
2/3 cup flour
2/3 cup cocoa
4 cups milk
6 eggs, separated
2 teaspoons vanilla
1 stick margarine
2 pie shells
½ teaspoon cream of tartar
½ cup sugar

**Preparation**

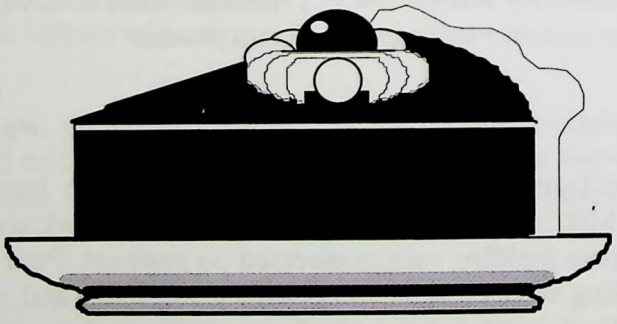
Mix first four ingredients plus the egg yolks and cook over medium heat, stirring constantly, until thick (approximately 30 minutes). Add vanilla and margarine and pour into baked pie shell. Add cream of tartar to egg whites and whip until stiff peaks form. Add sugar in small intervals and continue beating until shiny. Top pie with meringue and place in a 350-degree oven until tips of peaks are brown. Refrigerate. Make two pies. You may use regular pie crust, but I use this simple recipe for a richer dessert.

**Pie Crust Ingredients**

2 cups self-rising flour
¼ cup water
¾ cup cooking oil
1 cup finely chopped pecans

**Preparation**

Mix well and divide into two parts. Press into two pie plates, using your fingers. Bake at 350 degrees for about 30 minutes or until brown. Set aside to cool.



# Fresh Apple Cake

**Margie Lowery**
**Telephone Operator, Wesson Campus**

**Ingredients**

1 cup vegetable oil
1 teaspoon cinnamon
2 cups sugar
1 teaspoon ground nutmeg
3 eggs
1 teaspoon vanilla extract
3 cups all-purpose flour
1 cup pecans, chopped
1 teaspoon soda
3 cups finely chopped apples, peeled
¼ teaspoon salt

**Preparation**

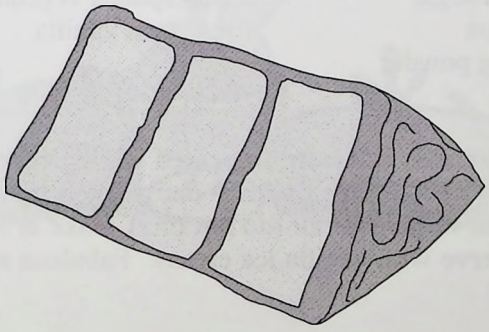
Combine oil and sugar; beat well. Add eggs, one at a time, beating well after each addition. Combine flour, salt, cinnamon, and nutmeg; stir. Add dry ingredients to sugar mixture, beating well. Add vanilla, mix well. Stir in pecans and apples, pour batter into a greased and floured 10-inch tube pan. Bake at 350 degrees for one hour and 10 minutes, or until cake tests done. Using a toothpick, punch holes in cake while hot. Spoon glaze over cake, cool, remove from pan.

**Glaze Topping Ingredients**

½ cup sugar
2 tablespoons margarine
¼ cup buttermilk
1 ½ teaspoons vanilla
¼ teaspoon soda

**Preparation**

Combine all ingredients in saucepan. Boil 4 minutes, stirring occasionally.



# Banana Pudding

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**

1 large package instant vanilla pudding (6 ounces)
2 1/2 cups cold milk
1 can sweetened condensed milk (14 ounces)
1 container whipped topping (16 ounces)
Sliced bananas
Vanilla wafer cookies

**Preparation**

Mix pudding and milk; add condensed milk. Blend well; fold in half the whipped topping. Alternate layers of pudding, bananas and vanilla wafers; top with remaining whipped topping and a few banana slices. Refrigerate overnight before serving.

# Easy Hot Fudge Cake

**Martha Lightsey**
**Retired Instructor, Wesson Campus**

**Ingredients**

Combine:
1 cup all purpose flour
3/4 cup granulated sugar
2 tablespoons cocoa
2 teaspoons baking powder

Add and stir till smooth:
1/2 cup milk
2 tablespoons vegetable oil
1 teaspoon vanilla

**Preparation**

Pour above mixture into a 9-inch ungreased baking pan. Sprinkle over this: 4 tablespoons cocoa mixed with 1 cup packed light brown sugar. Pour 1 3/4 cups hot water over all (do not mix). Bake at 350 degrees for 35-40 minutes. Serve with vanilla ice cream. Fabulous served warm or right out of oven.

# Fruit in Persian Melon

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**

1 large Persian melon
1 quart strawberries
1 fresh pineapple or 1 can of Pineapple chunks
4 ounces light rum, or to taste Romanoff Sauce

**Preparation**

Cut melon in half and scoop out meat with melon ball scoop. Reserve the shells. Combine melon balls with strawberries and pineapple chunks. Pour rum over fruit, sprinkle with powdered sugar and put back into shells; cover and chill. Serve with Romanoff Sauce.

**Romanoff Sauce Ingredients**

1 cup whipped cream
3 tablespoons Grand Marnier
4 tablespoons powdered sugar
3 tablespoons orange juice

**Preparation**

Whip cream and flavor with remaining sauce ingredients. At serving time, carefully drain strawberries. Serve with the fruit in Persian Melon.

# Chocolate Sheet Cake with Icing

**Sandra Williams**
**Admissions Clerk, Wesson Campus**
*Better known on the Wesson Campus as Sandra's Oey Goey Chocolate Cake*

Sandra has been married to Maxie Williams for 35 years, and they have one son, Michael Scott Williams and his wife, Jessica Williams.

**Ingredients**

2 cups self rising flour
3 ½ Tablespoons cocoa
2 cups sugar
½ cup buttermilk
1 stick margarine
2 eggs
1 cup water
1 teaspoon vanilla
½ cup Crisco oil

**Preparation**

In a large bowl combine sugar and flour. In a small saucepan, bring water, margarine, oil, and cocoa to a boil. Pour boiling mixture into flour and sugar and mix well. Add all other ingredients to mixture, beating well. Pour into a 9 x 13 pan and bake for 20 minutes at 400 degrees. Put icing on cake when it is hot from the oven.

**Chocolate Icing Ingredients**

1 stick margarine
1 pound confectioners' sugar
1/3 cup milk
1 cup chopped pecans, optional
3 tablespoons cocoa

**Preparation**

In a medium saucepan, combine and bring to a boil the margarine, milk, and cocoa. Take off heat and add confectioners' sugar. Mix well. May add pecans if desired. Pour over hot cake.

# Inventive Bread Pudding

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**

12 slices of bread (Just about any kind of bread will work. I have used plain white bread to raisin wheat bagels. My personal favorites are croissants. Be inventive and try something new.)
¾ cup sugar
4 cups warm milk (3 minutes in the microwave or until hot)
4 eggs
1/3 stick of butter, melted

**Preparation**

Spread bite-size pieces of bread in a 9- x 13–inch baking pan (I use a glass Pyrex baking pan). Mix sugar, eggs, butter, and warm milk together. Pour over bread and bake for 45 minutes in a 325 degree oven or until light golden brown.

**Sauce Ingredients**

1 stick of butter, melted
½ cup sugar
2 teaspoons vanilla or almond extract
2 eggs

**Preparation**

While the pudding is baking mix together butter, sugar, eggs, and vanilla. As soon as the pudding is removed from the oven, pour sauce mixture over the pudding and bake again for approx. 10 minutes at 325 degrees.

*Note: There is no need to prepare this sauce recipe; if you have a favorite sauce you prefer to use (i.e. white chocolate sauce, bourbon sauce, lemon sauce, etc.).*

# Hot Pineapple Casserole

**Sheila Furlow**
**Associate Degree in Nursing Secretary, Wesson Campus**

**Ingredients**
2, 20-ounce cans of drained pineapple tidbits or pineapple chunks
1 cup sugar
½ cup all–purpose flour
1 stick melted margarine
2 cups grated cheese
1 tube of crushed Ritz Crackers

**Preparation**
Layer in a 9 x 13 dish. Lightly butter the bottom of the casserole dish. Layer the pineapple on top of the margarine. Mix the sugar and the flour. Sprinkle the sugar and flour mixture on top of the pineapple. Layer the cheese next. Next layer the crushed Ritz crackers. Top the melted margarine. Bake at 350 degrees for 20 minutes or golden brown.



# Orange Jell-O Salad

**Sandra Williams**
**Admissions and Planning and Research Secretary, Wesson Campus**

**Ingredients**
1 large box of Orange Jell-O
1 large can of fruit cocktail
1 large can of crushed pineapple
1 cup coconut (optional)
8 ounces sour cream
1 large Cool Whip

**Preparation**
Drain fruit cocktail and pineapple. Mix Cool Whip, sour cream, and undissolved Jell-O together. Fold in fruit cocktail and pineapple. Chill and serve.

*Note: This recipe can easily be changed to make it more of a diet salad by using sugar-free Jell-O, light sour cream, and fat-free Cool Whip. It is very good either way.*

# Pumpkin Dip With Gingersnaps

**Martha Lightsey**
**Retired Instructor, Wesson Campus**

**Ingredients**
8 ounces cream cheese
1 can pumpkin
½ cup light brown sugar
1 ½ tablespoon orange juice
2 teaspoon ground cinnamon
1 teaspoon ground cloves or to taste

**Preparation**
Whip together until combined well. Serve with gingersnaps.

# Lemony-Liscious Squares

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**
*The best lemon square recipe you'll ever find*

**Ingredients**
1 cup butter, softened (no substitutions)
1 ½ cups sugar
4 tablespoons flour
2 2/3 cup flour
½ teaspoon baking powder
½ cup sugar
6 tablespoons lemon juice
4 eggs

**Preparation**
Mix butter, flour and sugar well. Press into ungreased 9- x 12-inch pan. Bake at 350 degrees 20 minutes or until slightly brown on edges. Make filling. Beat eggs, add 1 ½ cups sugar gradually, then 4 tablespoons flour and baking powder. Stir in lemon juice. Pour over partly done crust. Cook 20 minutes longer. Sprinkle with confectioners sugar while hot. Cool well before cutting into 1-inch squares. Cool thoroughly on racks. Makes 3 dozen luscious squares.

# Denise's Coconut Pie

**Denise Upton**
**Housekeeping, Wesson Campus**

**Ingredients**

4 eggs
2 cups milk
1 ¾ cup sugar
1 teaspoon vanilla
½ cup self-rising flour
½ stick margarine (melted)
1, 7-ounce can coconut
Confectioners sugar

**Preparation**

Put eggs in mixer and beat well. Mix sugar and flour. Add to eggs. Add rest of ingredients. Bake at 325 degrees for one hour. (Grease pie plate with butter before adding mixture.) This pie makes its own crust.

# Butterscotch Bars

**Kristi Watts**
**Foundation and Alumni Affairs Secretary, Wesson Campus**

**Ingredients**

Vegetable oil spray for misting the pan
1 package (3.4-ounce) vanilla instant pudding mix
2 cups whole milk
1 package (18.25 ounces) plain yellow cake mix
1 package (11 ounces) butterscotch chips
1 cup chopped pecans

**Preparation**

Place a rack in the center of the oven and preheat the oven to 350 degrees. Lightly mist a 13- x 9-inch baking pan with vegetable oil spray. Set the pan aside. Place the pudding mix and milk in a large mixing bowl and blend according to the package directions. Fold in the dry cake mix and stir with a wooden spoon until the batter is combined, although still a little lumpy. Pour the batter into the prepared pan and smooth the top with the rubber spatula. Scatter the butterscotch chips on top of the batter, then sprinkle the pecans on top of the chips. Place the pan in the oven. Bake the cake until it springs back when lightly pressed with your finger, 35 to 40 minutes. Remove the pan from the oven and let the cake cool in the pan on a wire rack for 30 minutes before serving. Store this cake, covered in aluminum foil, at room temp for up to 1 week. Or freeze it, wrapped in foil, for up to 6 months. Thaw the cake overnight on the counter before serving.

# Turtle Brownies

**Lee Ann Knight**
**Director of Counseling and Recruitment, Wesson Campus**

**Ingredients**
1 German chocolate cake mix
1 small can evaporated milk
1 6-ounce package chocolate chips
1 bag caramels
¾ stick butter (melted)

**Preparation**
Mix cake mix with butter and 1/3 cup evaporated milk. Press ½ of mixture in a greased 9- x 13-inch pan. Bake at 350 degrees for 8 minutes. Pour chocolate chips on top. Melt caramels and 1/3 cup evaporated milk. Pour over chips. Press remaining cake mixture on top and bake at 350 degrees for 25 minutes. Optional: add pecans and powdered sugar on top.

# Grape Salad

**Sheila Furlow**
**Associate Degree in Nursing Secretary Wesson Campus**

**Ingredients**
8 ounces cream cheese
8 ounces sour cream
½ cup granulated sugar
3 pounds red and green seedless grapes – washed and dried (do not cut)

**Preparation**
Soften cream cheese. Add sour cream and sugar. Fold in grapes. Spoon into 9 x 13 pan.

**Topping**
Mix together ½ cup brown sugar and ½ cup chopped walnuts or pecans. Spinkle on top.

# Earthquake Cake

**Johnnie Carlisle**
**Member, Foundation Board of Trustees**

**Ingredients**

1 box German chocolate cake mix
2 teaspoons vanilla
1 8-ounce package cream cheese
1 box powdered sugar
1 cup chopped pecans
1 cup shredded coconut

**Preparation**

Spray oblong pan with oil. Layer pecans, add a layer of coconut. Mix cake mix as directed. Pour over nuts and coconut. Beat cream cheese, powdered sugar and vanilla real well. Spoon drops of mixture on top of cake mix. Bake at 350 degrees for 35 to 40 minutes.

# Chess Squares

**Byron Corville**
**Library Director, Simpson County Center**

**Ingredients**

1 butter cake mix
1 stick of butter, melted
1 egg
Mix well and pat onto bottom of 9– x 13-inch pan to form crust.

**Filling**

1, 8 oz. package of cream cheese, softened.
1 box of powered sugar
3 eggs
Mix until smooth and pour over crust.

**Preparation**

Bake at 350 degrees for 35 to 40 minutes. (or until toothpick inserted in middle comes out clean.)

# No-Bake Fruit Cake

**Sandra Williams**
**Admissions and Planning and Research Secretary, Wesson Campus**

*When I first married my husband, Maxie, his mother used to fix this cake every year at Christmas. After about 3 years, I talked Nadine Williams into allowing me to make the cake with her. After then, I have made this cake every year for Christmas. I am not sure, but I think I remember hearing her say that her mother had given her the recipe. I know it is a family tradition at our house to have this cake fixed every year as part of our Christmas celebration.*

**Ingredients**

1 pound Graham cracker crumbs
1 pound marshmallows
1 pound margarine
1 pound raisins
1 pound cherries, drained and chopped
1 quart pecans, finely chopped

**Preparation**

In a large saucepan melt margarine and marshmallows. In a very large bowl, mix raisins, cherries, pecans, and graham cracker crumbs. When marshmallows have dissolved, pour hot mixture over dry mixture, stirring well. Butter hands and mix until all ingredients are moist. Put mixture into loaf pans or mold, smoothing top as you go. Keep in the refrigerator for a few days before serving for the flavors to blend well. Keep leftovers refrigerated.

# Caramel Clusters

**Jacky Campbell**
**Student, Natchez Campus**

**Ingredients**

2 (14 ounce) bags Kraft caramels, about 100 squares
½ cup water
12 cups crisp rice cereal
2 cups chopped pecans or walnuts
1 cup creamy peanut butter

## Preparation

Melt caramels with the water in heavy saucepan over low heat. Add cereal and nuts and mix lightly until well coated. Spread onto a greased 13 x 9 inch cake pan. Bake at 300 degrees for 15 minutes. Stir the mixture, adding the peanut butter. Bake 10 more minutes. Spoon mixture into another pan that's covered with wax paper. Allow it to cool. Break apart into clusters. Makes 20 cups. Mixture will be crumbly when cool; break larger chunks by hand into smaller bite-sized chunks. The clusters should look a lot like crusty fried chicken livers!

# Coconut Pecan Cake

**Martha Lightsey**
**Retired Instructor, Wesson Campus**

**Ingredients**
yellow cake mix *
4 large eggs
1 cup water
½ cup oil
1 can pecan coconut frosting

**Preparation**
Mix first four ingredients well. Add frosting to the batter and mix well. Bake in a tube or bundt pan which has been sprayed liberally with Pam and sprinkled with 1/4 cup granulated sugar. Bake at 350 degrees for 45 minutes. Let set in pan for 10 minutes before removing.
** Can use a German chocolate cake mix to make a German chocolate variation.*

# Butterfinger Cake

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**
1 Dark chocolate cake mix
1 can of condensed milk
1 small container of Cool Whip
2 regular size Butterfinger candy bars

**Preparation**
Follow cake mix instructions. Bake in a 9– x 13-inch pan. After cake comes out of the oven, punch it all over with a fork. Pour the can of condensed milk evenly over the cake. Cover and refrigerate for at least two hours. Then ice with Cool Whip. Break up candy bars into small pieces and sprinkle over cake. Cover and refrigerate overnight.

# Miss Lexie's Pineapple Casserole

**Jill Logan**
**Associate Dean for Instructional Support, Wesson Campus**

*A Recipe Adapted From The Sweet Potato Queens Big A-- Cookbook (and Financial Planner) by Jill Conner Browne*

Jill is working on her Ed.D. degree at Jackson State University. She enjoys decorating, gardening, and spending time at their beach home in Santa Rosa Beach, Florida.

**Ingredients**

20-ounce can pineapple chunks in its own juice
½ cup sugar
3 tablespoons flour
1 cup sharp grated cheese
1 stick butter, melted
½ cup Ritz cracker crumbs

**Preparation**

Drain pineapple, saving 2 tablespoons of juice. Mix the juice, sugar and flour. Add pineapple and cheese. Put in greased casserole. Mix butter and crackers. Put cracker mixture on top of casserole. Bake at 350 degrees for 20 to 30 minutes.

*This recipe meets three of the four major food groups according to The Sweet Potato Queens: sweet, salty and au gratin. It is an old Southern recipe that is served daily at Porches Restaurant in Wesson. Actually, I used this recipe in an attempt to replicate Porches' version for our family's Thanksgiving meal. It was a hit! The dish compliments any menu, and it was perfect with turkey and ham.*

# Strawberry Diet Pie

**Sandra Williams**
**Admissions and Planning and Research Secretary, Wesson Campus**

**Ingredients**
1 reduced fat graham cracker pie crust
2 sugar-free strawberry Jell-O mixes
1/3 cup hot water
2 low-fat strawberry yogurts
8 ounces fat-free Cool Whip
½ cup crushed strawberries, optional

**Preparation**
In a large glass or plastic bowl, mix Jell-O and water thoroughly, making sure all Jell-O is dissolved. Add yogurts on at a time, stirring well after each. Add crushed berries, if desired. Fold in Cool Whip and mix thoroughly. Pour into pie crust. Chill for at least 2 hours before serving. (May be placed in the freezer for 30 minutes if in a hurry.)

*This recipe was adapted from a Weight Watcher's Lime Pie recipe. I have found that it is equally good with any Jell-O and yogurt that you can match in flavor. I have used lemon (which is a close resemblance to lemon ice box), orange (which taste like the orange flavored push-up), and peach (which taste like peaches and cream.*



# Tres Leche Cake

**Cathy Ellett**
**Director of Planning and Research, Wesson Campus**

**Ingredients**
1 white cake mix
1 can condensed milk
1 8-ounce can evaporated milk
1 cup of whole milk
1 small container of Cool Whip
Fresh or canned fruit (optional)

**Preparation**
Follow cake mix instructions. Bake in a 9– x 13-inch pan. After cake comes out of the oven, punch it all over with a fork. Combine the three types of milk in a bowl and mix well. Pour the milks over the cake evenly. Cover and refrigerate over night. Ice the cake with Cool Whip. Sliced fruit may be used on top if preferred.

*I try this recipe with a chocolate cake mix and it turns out equally as well.*

# Monster Cookies

**Kristi Watts**
**Foundation and Alumni Affairs Secretary, Wesson Campus**

**Ingredients**
1 cup brown sugar, packed
1 cup granulated sugar
½ cup of margarine, softened
3 eggs
1 teaspoon vanilla
1 tsp. light corn syrup
1 ½ cups peanut butter
2 tsp. baking soda
4 ½ cups oatmeal
1 cup semi-sweet chocolate chips
4 oz. M&M's (plain or peanut)

**Preparation**
Mix ingredients together in order listed. Drop by teaspoon full on ungreased cookie sheet. Bake at 350 for 15 minutes. Yield: 7 dozen average size cookies. You may substitute nuts, raisins or any treat instead of M&M's.

# Funnel Cake

**Judy Wiggins**
**English Instructor, Natchez Campus**



**Ingredients**
12 cups flour
3 tablespoons baking powder
1 ½ teaspoons salt
3 cups brown sugar
9 eggs
6 ¾ cups milk
3 teaspoons vanilla
Peanut oil

**Preparation**
In a bowl sift together the flour, baking powder and salt. Stir in the brown sugar. In a separate bowl, whisk the eggs. Add the milk and vanilla extract and whisk again. Whisk in the dry ingredients until smooth. In a deep wide pan, heat frying oil to 375 degrees. Hold your finger over the bottom of the funnel or use a funnel cake dropper and fill it with the batter. Hold the funnel over the hot oil and remove your finger then immediately start drizzling the batter into the oil, moving the funnel around to make a criss-cross or scribbly design. Fry until golden brown on one side then flip it over to fry the other side. Remove the funnel cake from the oil with a slotted spoon. Drain on paper towel. Sprinkle with powdered sugar.

# Strawberry Refrigerator Cake

**Brenda Parrett**
**Administrative Assistant to the President, Wesson Campus**

**Ingredients—Makes 12 servings**

**Cake**
1 package of Duncan Hines Moist Deluxe Strawberry Supreme Cake Mix
2, 10-ounce packages sweetened, frozen sliced strawberries, thawed

**Topping**
1 package (4-serving size) vanilla instant pudding and pie filling mix
1 cup milk
2 cups frozen whipped topping, thawed
Fresh strawberries, optional

**Preparation**
Preheat oven to 350 degrees – grease and flour 13 x 9-inch pan. For cake, prepare, bake and cool according to the package directions for basic recipe. Poke holes 1-inch apart in top of cake using handle from wooden spoon. * Puree thawed strawberries. Spoon strawberries and juice evenly over top of cake allowing mixture to soak into holes.
For topping, prepare pudding mix following package directions **using 1 cup of milk.** Fold whipped topping into pudding mixture. Spread over cake. Garnish with fresh strawberries. Refrigerate at least 4 hours.
* *I do not puree the strawberries very much – it is better if you have larger pieces of strawberries on the cake.*

# Dirt Cake

**Kristi Watts**
**Foundation and Alumni Affairs Secretary, Wesson Campus**

**Ingredients**
1 package Oreos
12 ounces Cool Whip
2 packages white chocolate or vanilla pudding
2 cups milk

**Preparation**
Freeze Oreos overnight. Mix pudding and two cups of milk until well blended. Add 12 ounces of Cool Whip. Crush frozen Oreos and mix with Cool Whip and pudding mixture. To make a pretty dish, use a clear truffle bowl and layer the pudding mixture and Oreos; do not mix the Oreos in with the pudding mixture. Add gummy worms on top for decoration.

# Dutch Apple Pie

**Mark LaFrancis**
**Director of Public Information, Natchez Campus**

**Ingredients**
**Pie Filling—Makes two pies**
2 frozen deep dish pie shells (or make your own)
8 to 10 large apples—peeled and sliced. (I use a combination of Granny Smith, Golden Delicious, Macintosh, etc., whatever suits your fancy, but make sure you get some Granny Smith's in there.)
2 tablespoons sugar
Cinnamon
2 tablespoons margarine
1 teaspoon salt
**Ingredients—Topping**
About 2 cups all-purpose flour
1 cup dark brown sugar
2 tablespoons margarine

**Preparation—Filling**
Preheat oven to 400 degrees, place rack in center of oven. In a large bowl, blend apples, margarine, sugar and salt. Use your hands and make sure sugar and margarine coat the apples.

**Preparation—Topping**
I use my hands for this, too. In a large bowl, add flour and brown sugar and blend. Add margarine and work into the mixture. You may have to add more sugar and/or margarine. You want a tan-to-brown mixture that has the consistency of potting soil: crumbly. You do not want one that is sticky. If it sticks, add flour to loosen.

**Preparation—Pie**
Sprinkle some cinnamon into the shell(s). Layer the apples into the shell(s). They can be mounded. Place in the oven for 10 minutes, remove and turn the oven to 325 degrees. Sprinkle some cinnamon over the apples, then coat the apples with the topping. Return pie(s) to the oven and bake for about 40 minutes or until topping is golden brown and a steak knife slides easily through the apples.

**Finishing**
This is important: After removing the pie(s) from the oven, place on flat pan and tip the pie(s) so that about a tablespoon of the juice dribbles out. This prevents the soupy consistency of the apples. Trust me, you'll like the results.

*Note: If you have leftover ingredients, you can make an apple crisp in a baking dish. For the crisp, I sometimes add raisins, chopped nuts, pineapple, whatever suits your fancy.*

# Pina Colada Torte

**Sandra Williams**
**Admissions and Planning and Research Secretary, Wesson Campus**

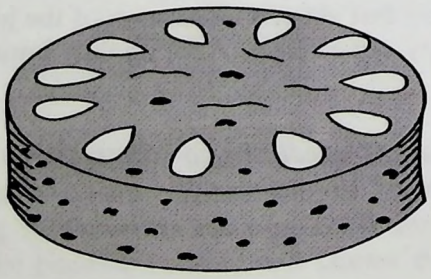
**Ingredients**

1 angel food cake mix
20 ounces crushed pineapple, drained and divided
8 ounces reduced-fat cream cheese, softened
1 1/8 cup confectioners' sugar
1 teaspoon vanilla extract
1 teaspoon coconut extract
16 ounces reduced-fat Cool Whip, thawed
½ cup sweetened, flaked coconut
2 to 4 tablespoons toasted, sweetened, flaked coconut

**Preparation**

Prepare cake according to package directions. Gently fold 1 cup pineapple into the batter. Spoon batter into 3 wax-paper-lined 9-inch round pans. Bake at 350 degrees for 20 to 25 minutes. Cool in pans on wire rack. (Cakes must be completely cold). Beat cream cheese, confectioner's sugar, vanilla and coconut extracts at medium speed for 2 to 3 minutes or until smooth and fluffy. Fold in Cool Whip, ½ cup coconut, and remaining pineapple. Invert 1 cake layer on plate; remove wax paper and spread with 1/3 of cream cheese mixture. Repeat procedure with remaining cake layers and cream cheese mixture, ending with cream cheese mixture. Sprinkle toasted coconut evenly on top. Cover and chill 4 hours. Cut with a serrated knife. Refrigerate any leftovers.

*Note: To toast coconut, place in a heavy skillet over medium heat stirring constantly until golden brown.*
*Note: I found this in a Southern Living recipe pamphlet a couple of years ago at my sister's in Michigan when we were having a family reunion there. It was hot summer time, and I wanted to fix something fruity and different. This went over really well and has been a recipe that I have used when I wanted to make something special.*



# Tasty Barbecue Sauce

**Ethel Brown**
**Security, Natchez Campus**

**Ingredients**

¼ cup Grandma's Molasses
½ cup ReaLemon Lemon Juice from Concentrate
½ cup Holland House Red Cooking Wine
½ cup bottled chili sauce (12 ounces)
½ cup ketchup
¼ cup Dijon mustard
2 tablespoons Worcestershire sauce
2 tablespoons butter
1 tablespoon grated onion
1 tablespoon garlic
1 teaspoon instant coffee
1 teaspoon cumin
½ teaspoon black pepper
½ teaspoon cloves
¼ teaspoon chili powder

**Preparation**

Combine all ingredients in saucepan. Simmer for 30 minutes. Baste meat with sauce in the last few minutes of cooking. Serve sauce on the side. Will keep in refrigerator for up to 1 month. Excellent with chicken, beef or pork. Yield: 2 ¾ cups

# Hot Russian Tea

**Sheila Furlow**
**Associate Degree in Nursing Secretary, Wesson Campus**

**Ingredients**

½ cup Instant Tea (unsweetened)
2 cups Tang
½ cup Lemonade Mix
1 to 1 ½ cups sugar
1 teaspoon cinnamon
½ teaspoon ground cloves

**Preparation**

Mix. Add enough mix to cup of hot water, to taste.

# Crawfish Etoufee

**Ethel Brown**
**Security, Natchez Campus**

**Ingredients**

2 pounds crawfish tails
1 stick margarine
2 large onions, chopped
Salt, red and black pepper to taste
2 medium bell peppers, chopped
3 tablespoons flour
2 ½ cups water
½ cup tomato paste

**Preparation**

Brown flour in margarine. Add seasonings and tomato paste. Cook 10 minutes; add crawfish tails. Cook until tails are done.

# Pizza Loaf

**Barbie Hales**
**Adjunct Instructor, Wesson Campus**
**Human Growth and Development and Child Psychology**

**Ingredients**

2 loaves of French bread (Partially hollowed on the top)
2 pounds hamburger meat
1 jar of pizza sauce
½ bell pepper, chopped
½ onion, chopped
Garlic clove, chopped or tsp. minced garlic from jar
Desired amount of shredded cheese
1 teaspoon olive oil

**Preparation**

In a non-stick skillet over a hot burner, heat olive oil. Toss in chopped bell peppers, onions, and garlic. Sauté. Lower heat and add hamburger meat. Brown thoroughly and pour off excess oil. Add jar of pizza sauce and bring to a simmer. Fill hollowed French bread with meat mixture and top with shredded cheese. Wrap in foil. (Optional: freeze). Bake until cheese is melted and bread toasted.

# Strawberry Bread

**Jody Huff**
**Food Production and Management Technology Instructor,**
**Wesson Campus**

**Ingredients**

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
2 cups sugar
1 cup vegetable oil
3 eggs, well beaten
2 10-ounce packages frozen sliced strawberries with juice
1 ½ cups chopped pecans

**Preparation**

Combine flour, salt, soda, cinnamon, and sugar. Make a well in the center of the dry ingredients. Add oil and eggs. Stir only until ingredients are moistened. Stir in strawberries and pecans. Pour into two lightly greased loaf pans. Bake at 350 degrees for one hour. Cool in pan before removing. Let set overnight before serving.

*NOTE: While in college at Mississippi University for Women, I acquired this recipe while taking a cooking class. I made the strawberry bread many times, and shared it with friends and family. After I graduated in 1982, Greg and I started dating. I thought it would be nice to give a loaf of strawberry bread to his grandmother, mother, and sister for a Christmas treat. I burned it twice! That was 23 years ago, and the last time I baked/burned this strawberry bread recipe.*

# Romanoff Sauce

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**

1 cup whipped cream
3 tablespoons Grand Marnier
4 tablespoons powdered sugar
3 tablespoons orange juice

**Preparation**

Whip cream and flavor with remaining sauce ingredients.

# Broccoli Bread

**Sandra Williams**
**Admissions Clerk and Professional Assistant, Wesson Campus**

**Ingredients**
1 package Jiffy Cornbread Mix
1 package chopped broccoli
2 cups sharp cheddar cheese, grated
1 medium onion, chopped
1/3 cup milk
1 stick oleo (1/2 in mix & ½ in pan)
4 beaten eggs

**Preparation**
Mix all ingredients together and bake in loaf pans at 400 degrees for 30 minutes.

*Note: I was surprised when I took this bread to a family reunion and then to a church function. It went really well at both places. Now family members look forward to my bring Broccoli Bread to reunions. I usually put the broccoli in a food processor and give it a few extra chops to make the pieces smaller.*

# Mexican Cornbread

**Lisa Bodin**
**Special Populations Counselor, Wesson Campus**

OTHER

**Ingredients**
2 eggs. beaten
1 can cream corn
1/2 cup margarine, melted
1 cup buttermilk
1 onion finely chopped
5 to 6 jalapeño peppers slices
1 1/2 cup self-rising corn meal
8 oz shredded cheddar cheese

**Preparation**
Preheat oven and skillet at 350 degrees. Mix all ingredients except cheese, pour half in iron skillet add cheese pour in rest of batter on top. Bake at 350 to 375 degrees 30 minutes to an hour, depending on size of skillet.

# Hearty Multi-Grain Bread

**Marsha Colson**
**Secretary to the Natchez Literary and Cinema Celebration And Educational Tours, Natchez Campus**

**Ingredients**

1 cup plus 2 tablespoons very hot tap hot water
½ cup plain yogurt or buttermilk
1 tablespoon honey
1 tablespoon molasses
1 1/2 to 2 tablespoons oil
2 cups whole wheat flour
1 ½ cups bread flour
¼ cup oat flour
¼ cup wheat germ
¼ cup flax seed meal
¼ cup bran and cracked wheat (mostly cracked wheat)
¼ cup brown sugar
2 teaspoons salt
1 tablespoons vital wheat gluten
2 1/2 teaspoons yeast

## Preparation

You can substitute other grains, especially for the ¼ cup portions. The wheat gluten is very important; in a recipe with this much whole wheat flour, it helps the dough to rise.

Put first 5 ingredients in bread machine pan. Then add remaining ingredients except yeast. Make a well in dry ingredients and add yeast. Process on dough setting. When dough is ready, knead about 5 times. Shape dough into a round loaf and place on a greased cookie sheet. I use olive oil. Cover with a cloth and let rise 30 to 45 minutes. Kitchen should be 70 to 75 degrees. If it's cooler, turn on oven to lowest setting for 5 minutes, then turn off and let dough rise in oven. I sometimes let some heat escape until I can estimate an oven temperature of about 70 to 75.

Bake loaf on same cookie sheet in 350 oven for 30 minutes. You may need to experiment with oven temp. and baking time. Crust will be dark. If bottom of loaf is too dark, reduce heat by 5 or 10 degrees or shorten baking time. Let loaf cool on rack -- allow several hours to cool completely. If necessary, wrap loosely in a dish towel and allow to cool overnight. Loaf will keep for a week un-refrigerated if stored in a tight-fitting tin or covered cake tray. Yummy! Enjoy!

# Sausage Loaf

**Charlotte Hill**
**Executive Director, Co-Lin Foundation/Alumni Affairs**
**Wesson Campus**

**Ingredients**

1 package Jimmy Dean Sausage with sage (if not with sage use ¼ teaspoon)
1 celery stalk chopped
1 package sharp cheddar cheese
¼ cup milk
1 egg
1 French loaf (best if you can find one in the freezer section that is buttered with garlic)

**Preparation**

Brown sausage until all pink is gone. Drain. Add chopped celery and cook about a minute longer. Set aside. Cut the French loaf in half lengthwise and take out the center. Place this in a bowl, add egg, cheese (as much as you like), milk and meat with the celery sautéed in it. Mix and place back in French bread shell. Bake about 30 minutes at 350 degrees. The last 5 minutes butter the top of loaf. Slice and serve.

# Easy Cinnamon Rolls



**Missy Orders**
**Secretary to the Dean, Simpson County Center**

**Ingredients**

1 can biscuits
1 stick of margarine
½ cup sugar (guesstimate)
¼ cup cinnamon (guesstimate)

**Preparation**

Open canned biscuits. Melt butter. Mix cinnamon and sugar. Dip biscuit into melted butter, and then roll in the cinnamon/sugar mixture. Place in pan; bake according to instructions on the canned biscuits container. Icing: mix confectioner's sugar, milk, and vanilla flavoring together, then ice the cinnamon rolls. I also sometimes just sprinkle the rolls with confectioner's sugar or just eat them plain.

# Granny Hall's Chocolate Gravy

**Rhonda Smith**
**Director of Admissions, Simpson County Center**

**Ingredients**
2 cups Sugar
1/2 cup Plain Flour
1/2 cup Cocoa
1/3 teaspoon Salt
1 teaspoon Vanilla Flavoring
3 cups milk

**Preparation**
In a 2 quart heavy sauce pan, mix the sugar, flour, cocoa, and salt. Gradually stir in the milk until well mixed. Cook over medium heat stirring well to keep from burning on bottom until it starts to thicken and you see the first bubbling. This takes about 8-12 minutes. Remove from heat. Cool 3-5 minutes. Stir in vanilla. Serve with a pat of real butter on top of gravy and hot homemade biscuits for sopping. There will be NO leftovers. This makes about 21/2 cups. *Wonderful with hot biscuits!*
*This recipe was made famous by my Granny Hall. Of course, I called her that as her grand-daughter; however, everyone called her that—even her pastor! Granny Hall passed away last February at the age of 91, but she left a legacy of nine children and twenty-five grandchildren. One of our very favorite things about traveling to New Madrid, Missouri, to see Granny was the knowledge that she would make chocolate gravy for us at least once during our visit. Now, my mom has eight grandchildren of her own, and they insist that she keep the chocolate gravy tradition alive.*

# Joy's Spiced Pecans

**Joy Wesbrooks**
**Purchasing Agent, Wesson Campus**

**Ingredients**
2 cups pecan halves
1 teaspoon salt
1 ½ tablespoons butter or 2 teaspoons soy sauce
Margarine
1/8 teaspoon Tabasco sauce

**Preparation**
Melt butter in 13- x 9- x 2-inch pan. Add pecans and stir. Toast in 300-degree oven 30 minutes, stirring occasionally. Add salt, soy sauce and Tabasco and toss well with pecans. Serve hot or cold. Makes 2 cups.

OTHER

# Peach French Toast

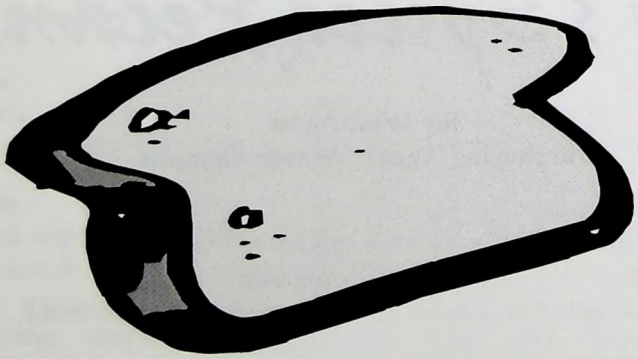
**Lisa Bodin**
**Special Populations Counselor, Wesson Campus**

**Ingredients**
1 cup packed brown sugar
½ cup butter or margarine
2 tablespoons water
1 can (29 ounces) sliced peaches, drained
12 slices day-old French bread (3/4 in thick)
5 eggs
1 ½ cups milk
1 tablespoon vanilla extract
Ground cinnamon

**Preparation**
In a saucepan, bring brown sugar, butter and water to a boil. Reduce heat; simmer for 8-10 minutes, stirring frequently. Pour into a greased 13- x 9-inch baking dish; top with peaches. Arrange bread over peaches. (I quartered the bread slices. This made it easier to serve.) In a bowl, whisk the eggs, mile, and vanilla, slowly pour over bread. Cover and refrigerate for 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Sprinkle with cinnamon. Cover and bake at 350 degrees for 20 minutes. Uncover and bake 25 to 30 minutes or until bread is golden brown. Serve with a spoon.

*NOTE: I tried this dish with apples instead of the peaches. We liked the peaches much better than the apple.*

OTHER



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